

FOR IMMEDIATE RELEASE:

DON'T SWEAT THE SMALL STUFF FOR MOMS By Kristine Carlson

In 1997, a little book broke new ground and went on to become one of the most-read—and beloved—books of the decade.

DON'T SWEAT THE SMALL STUFF by Richard Carlson was # 1 on USA TODAY's bestseller list for two years running and spent over 100 consecutive weeks on the New York Times' bestseller list. A series of thirty books followed over the years, all bestsellers, focusing on various aspects of life and aimed at all kinds of audiences, reaching over 26 million people around the world.

One book, though, was never written: the one for moms.

Kristine Carlson, Richard Carlson's wife and author of some of the series' books as well as her own bestselling *An Hour to Live, An Hour to Love: The True Story of the Best Gift Ever Given*, is changing that this year, revitalizing one of the bestselling series of all time with **DON'T SWEAT THE SMALL STUFF FOR MOMS** (Hyperion/April 10, 2012/\$ 13.99). It has been nine years since a book in this series has been published and a lot has changed: the economy has thrown families into disarray; parenting advice has become akin to an extreme sport; and, as Kristine knows all too well, most moms are caught in what too often feels like competing desires to do well by their kids and find some balance in their own lives.

Carlson's generous spirit fills this book with the kind of grace and humor that comes with hard-won experience. Steeped deeply in the same philosophy as her late husband Dr. Richard Carlson's work, she nonetheless adds her own distinct voice, understanding how tough it is to keep clear on what is important and how to communicate that to one's children (or self). Her basic message for moms is that parenting is a part of a continuum in a whole life, limited in its time, and precious in what it brings in its turbulent wake: opportunities to see life in a new perspective, to be able to offer compassion and wisdom to both one's children and oneself, and to find joy even amidst the chaos.

DON'T SWEAT THE SMALL STUFF FOR MOMS is organized around 100 short chapters that take on the situations, milestones, and developmental challenges or transitions every mom faces. Open to any page and you may well find a conversation you've had yourself. With titles like "Practice Breathing Before You Speak," "Learning to Say 'No!' So You Have Time to Say 'Yes!'," "If You Want to Be on Facebook, I'm Going to Be Your Friend," "Sit on the Sidelines and Don't Sweat It," and "Healing Your Body Image, Loving Your Curves," Carlson inspires as well as provides practical hands-on advice and the kind of strategic long view that comes from having lived through it all—from new parent to a parent of grown children with children of their own.



About the author: Kristine Carlson is the author of *Heartbroken Open*; *An Hour to Live, An Hour to Love*; *Don't Sweat the Small Stuff in Love* and *Don't Sweat the Small Stuff for Women*. She was married to the late Dr. Richard Carlson and raised two daughters with him. She is a frequent speaker and gives lectures and keynote presentations to a wide group of organizations including the American Heart Association and *More Magazine's* annual women's conference. She was awarded the Laureate Award from JFK University (2010) for outstanding contributions to health and spiritual well-being.

DON'T SWEAT THE SMALL STUFF FOR MOMS: Simple Ways to Stress Less and Enjoy Your Family More

By Kristine Carlson

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