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The Dr. Pat Show – Talk Radio to Thrive By!
Archives Available
September 09th 2010: Kristine Carlson

Don't Sweat the Small Stuff for Women with Author Kristine Carlson. In Don't Sweat the Small Stuff for Women, Kristine Carlson offers calming and encouraging advice in 100 short and spirited essays. Don't Sweat the Small Stuff for Women addresses such important and timely issues as balancing family and work demands, debating effectively with spouses and partners, dealing with children and friendships, finding time for reflection and self-care, and much more.
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