

DON'T SWEAT THE SMALL STUFF

P.S. It's All Small Stuff

Michael R. Mantell, Ph.D.

Read by Wendy Hall

Don't Sweat the Small Stuff offers a little direction to help you make it through the day. This collection represents some of the very best columns from Dr. Michael Mantell, a popular television, radio and print personality, who discusses friendship, sex, marriage, divorce, children, aging, health, drugs, stress and anxiety and just about every other topic that's important.

Dr. Mantell has thoughtful and practical advice for all of us who take life too seriously. His wit and wisdom leave no stone unturned. So, listen up and enjoy life!

Awarded the "Listen Up Award: Best Audio of 1996" by *Publishers Weekly* magazine.

Running Time: 3 hours
Abridged

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