

**DON'T  
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PRESS**

# **THE DON'T SWEAT GUIDE FOR GRANDPARENTS**

**Making the Most of Your Time with  
Your Grandchildren**

**By the editors of Don't Sweat Press, Foreword by**

**RICHARD CARLSON, Ph.D**

**Author of the bestselling**

**Don't Sweat the Small Stuff**

# Dont Sweat Guide For Grandparents

**Daniela Niemeyer**



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