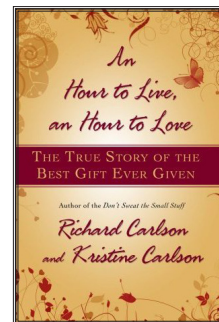
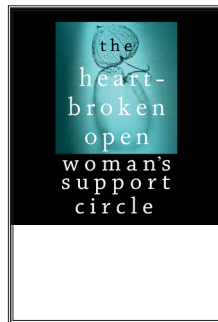
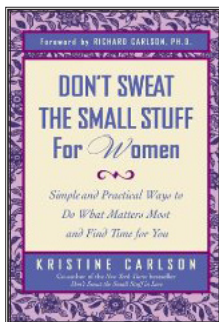




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Kristine Carlson acclaimed author from the Don't Sweat the Small Stuff series, releases her new book Heart-Broken Open. Available Nationwide April 6th, 2010.





Heart-Broken Open

A Memoir Through Loss to Self-Discovery

Kristine Carlson

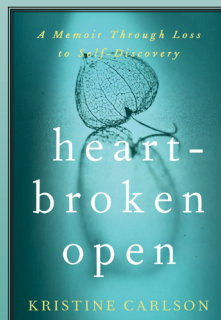
Kris Carlson had an idyllic life. She and her husband Richard had a romantic marriage, two beautiful daughters, and—thanks to the success of Richard’s bestselling *Don’t Sweat the Small Stuff* series—all of the comforts of the American Dream.

But on December 13, 2006, that perfect story took a sudden and heartbreaking turn when, on a typical flight to New York, a pulmonary embolism would take Richards life; catapulting Kris into heartbreak and uncertainty.

It was the end of life as Kris knew it, and the beginning of a journey through the depths of grief and mourning that would reveal to Kris her true strength and an immeasurable love that cannot be broken.

This book is a courageously honest memoir. It is the true story of a wife, a mother, a woman forced to come face to face with fear, insecurity, and the painful but ultimately precious teachings Kris Carlson discovered along the way.

This wise little book offers a timeless message of inspiration, empowerment, and courage for anyone that has experienced and endured any kind of loss or hardship.



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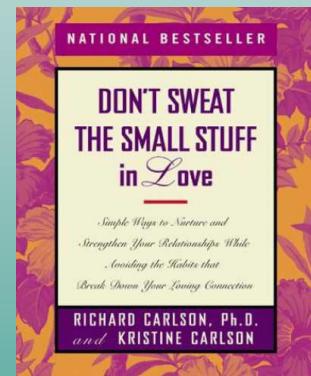
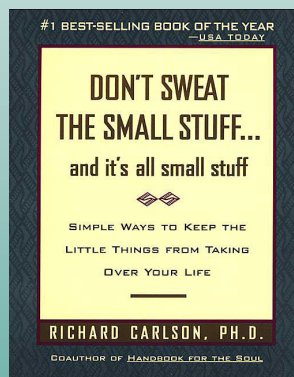
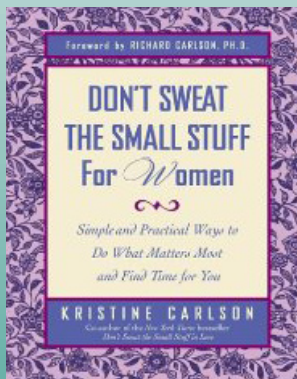
Don't Sweat the Small Stuff

The words “Don’t Sweat the Small Stuff” have become a part of American Culture thanks to Richard Carlson’s book that became a runaway best-seller and made publishing history as the #1 best-selling book in the United States for two consecutive years.

Don’t Sweat the Small Stuff spent over 100 weeks on the New York Times Best-Seller list and is still considered one of the fastest selling books of all time and has sold over 15 million copies worldwide.

During his life, Richard Carlson, Ph.D, was considered one of the foremost experts in happiness and stress reduction in the United States and around the world and was a frequent featured guest on such shows as Oprah, The Today Show, The View, NNC, CNN, Fox, PBS and over 2000 other shows. Don’t Sweat the Small Stuff continued to be a publishing phenomenon with over 20 titles in the brand franchise, two of which were co-authored and authored with his beloved wife, Kris.

Today, Kristine Carlson continues to expand and deliver the Don’t Sweat message inspiring millions with timeless wisdom and practical ideas to create a life of abundance. With over twenty three million Carlson books in print and published in over 130 countries, Don’t Sweat the Small Stuff remains an enduring and instantly recognizable brand that continues to touch the lives of people across the globe.



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Advance Praise for Heart Broken Open:

“Richard Carlson’s death affected many of us, but none more powerfully or painfully than his wife and children. Kris Carlson has gloriously owned her own voice since Richard’s death, and now gives words and meaning to her extraordinary journey through grief to healing. She shines even more beautifully for having allowed such pain to penetrate her heart and to ultimately teach her what it means to be alive. This book is a healing balm for the broken heart.”

— Marianne Williamson, author of *A Return to Love*

“Kristine Carlson’s courageous story about loss, grief, and the immeasurable strength of love is deeply inspiring and empowering.”

— Marci Shimoff, author of *Happy for No Reason* and *Chicken Soup for the Woman’s Soul*

“Kristine Carlson has created a wonderfully rich, deeply engaging, heartfelt journey through the peaks and valleys of profound loss. This book is a bountiful gift...riveting, intensely moving, and, most of all, enormously instructive and helpful.”

— John E. Welshons, author of *One Soul, One Love, One Heart*

“This is a beautiful book—clear and strong, as is its author, who details so poignantly her navigation through the rough, murky, and ultimately healing waters of grief. *Heartbroken Open* is a memoir, but also a guide through loss to redemption and reinvention.”

— Victoria Moran, author of *Creating a Charmed Life*

“This courageous memoir has captured the essence of love, empowerment, and perseverance. Kristine’s story contains a message for all of us and is a brilliant reminder of the power of love.”

— Steve Maraboli, host of *Empowered Living Radio*

“In times of crisis and chaos that cause many to crumble, heroes emerge. Kristine Carlson is one such person. *Heartbroken Open* is brilliant! Kris Carlson gives you the keys to powerful living. This book is a gift for the loving and healing heart.”

— Dr. Pat Baccili, *The Dr. Pat Show*

“Kris Carlson shares her story of grief and transformation with raw honesty, eloquence, and humanness. It will open your heart to the true spirit of love. I couldn’t put it down till I savored each page.”

— Joseph Bailey, coauthor of *Slowing Down to the Speed of Life*

“At last a book that dares to face grief head on. *Heartbroken Open* is an unswerving, heart wrenching, unexpectedly sublime memoir about having loved and lost. Kris’s candid yet gentle narrative escorts you through and beyond the more familiar territory of the psyche and plummets straight into the astonishing healing wisdom of the soul. If you have ever been in love, and wonder how you would survive without it, you absolutely must read this book!”

— Maryanne Comaroto, relationship expert and author of *Hindsight*



Kristine Carlson captivated readers worldwide with her first three bestsellers, “An Hour to Live, An Hour to Love: The True Story of the Best Gift Ever Given”, “Don’t Sweat the Small Stuff in Love” and “Don’t Sweat the Small Stuff for Women”. And now, in keeping with the Don’t Sweat tradition, she has written, “Don’t Sweat the Small Stuff for Mom’s” to be published in the Spring of 2012.

Expanding on the phenomenal success of her late husband Dr. Richard Carlson’s work, (Don’t Sweat the Small Stuff series), Kristine has continued to share her profound message of empowerment, success, emotional strength and love.

An unyielding believer of living in the moment and finding happiness in life, Kris has been featured on national radio and television broadcasts, including: The Today Show, Empowered Living Radio, The View, and The Oprah Winfrey Show.

Her most recent book, *Heart Broken Open*, is a courageously honest memoir of her personal journey through the depths of grief and mourning after the sudden and unexpected loss of her husband. This powerful book has gained the attention and earned accolades of readers and media across the globe.

As a speaker, Kristine’s unparalleled capacity to be transparent, vulnerable and authentic encourages and inspires her audience to be the same. She shares timeless wisdom and practical ideas that invite the audience to experience true freedom; the freedom to love, the freedom to heal, the freedom to overcome, and the freedom to succeed. Kris is at ease in any venue when she has the opportunity to celebrate and discuss the power of the human spirit and help others reconnect with their internal healer.

A dedicated mother to her two daughters and “Nana” to her wonderful grandchildren, Kristine prides herself on creating healthy life-long relationships and personal growth. She participates in numerous charities and is deeply committed to spreading her message of love to the world.



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