



# How to Stop Worrying and Start Living

By Dale Carnegie

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## How to Stop Worrying and Start Living By Dale Carnegie

This book can change your life!

Through Dale Carnegie's six-million-copy bestseller recently revised, millions of people have been helped to overcome the worry habit. Dale Carnegie offers a set of practical formulas you can put to work today. In our fast-paced world—formulas that will last a lifetime!

Discover how to:

- Eliminate fifty percent of business worries immediately
- Reduce financial worries
- Avoid fatigue—and keep looking you
- Add one hour a day to your waking life
- Find yourself and be yourself—remember there is no one else on earth like you!

*How to Stop Worrying and Start Living* deals with fundamental emotions and ideas. It is fascinating to read and easy to apply. Let it change and improve you. There's no need to live with worry and anxiety that keep you from enjoying a full, active and happy life!

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## **How to Stop Worrying and Start Living** By Dale Carnegie Bibliography

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## **Editorial Review**

### **Amazon.com Review**

"Those who don't know how to fight worry, die young." This ominous advice begins Dale Carnegie's bestseller, *How to Stop Worrying and Start Living*, an eight-part treatise on the follies of worrying. Like other Carnegie books, this one is packed with good old-fashioned common sense, illustrated with examples drawn from research on historical figures and interviews with business leaders. Somehow, even the most simple advice--such as Carnegie's four-step method of problem solving--is presented in a way that makes you want to write it down and post it on the employee bulletin board. Narrated by the resonant and engaging voice of Andrew McMillan and loaded with relevant real-life examples, this unabridged audiobook maintains interest throughout. (Running time: 10.5 hours, eight cassettes) --*Sharon Griggins*

### **About the Author**

Dale Carnegie (1888-1955) described himself as a "simple country boy" from Missouri but was also a pioneer of the self-improvement genre. Since the 1936 publication of his first book, *How to Win Friends and Influence People*, he has touched millions of readers and his classic works continue to impact lives to this day.

## **Users Review**

### **From reader reviews:**

#### **Doreen Williams:**

This *How to Stop Worrying and Start Living* book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you get by reading this book is definitely information inside this book incredible fresh, you will get details which is getting deeper a person read a lot of information you will get. This *How to Stop Worrying and Start Living* without we realize teach the one who reading it become critical in thinking and analyzing. Don't become worry *How to Stop Worrying and Start Living* can bring if you are and not make your handbag space or bookshelves' turn out to be full because you can have it in the lovely laptop even phone. This *How to Stop Worrying and Start Living* having good arrangement in word along with layout, so you will not sense uninterested in reading.

#### **Henry Perry:**

Nowadays reading books become more and more than want or need but also be a life style. This reading routine give you lot of advantages. The benefits you got of course the knowledge the rest of the information inside the book in which improve your knowledge and information. The details you get based on what kind of book you read, if you want send more knowledge just go with knowledge books but if you want sense happy read one with theme for entertaining for example comic or novel. Often the *How to Stop Worrying and Start Living* is kind of book which is giving the reader unpredictable experience.

**Laurie Dunn:**

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**John Wiser:**

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