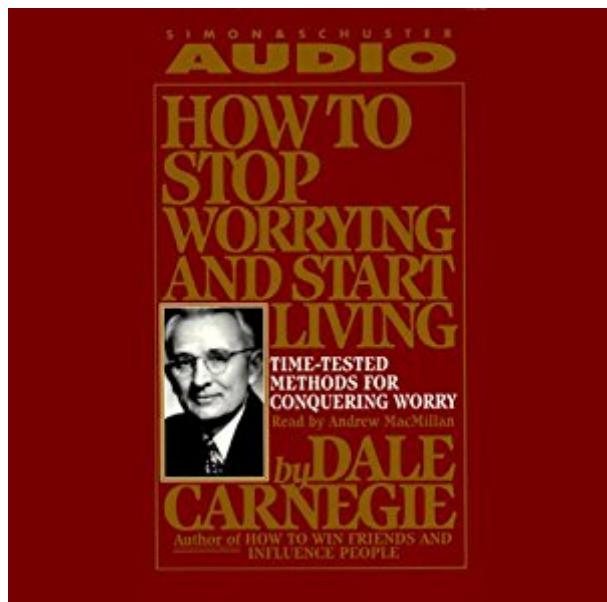


The book was found

# How To Stop Worrying And Start Living: Time-Tested Methods For Conquering Worry



## **Synopsis**

Learn how to break the worry habit -- Now and forever! With Dale Carnegie's timeless advice in hand, more than six million people have learned how to eliminate debilitating fear and worry from their lives and to embrace a worry-free future. In this classic work, *How to Stop Worrying and Start Living*, Carnegie offers a set of practical formulas that you can put to work today. It is a book packed with lessons that will last a lifetime and make that lifetime happier! DISCOVER HOW TO: Eliminate fifty percent of business worries immediately Reduce financial worries Avoid fatigue -- and keep looking young Add one hour a day to your waking life Find yourself and be yourself -- remember there is no one else on earth like you! Fascinating to read and easy to apply, *How to Stop Worrying and Start Living* deals with fundamental emotions and life-changing ideas. There's no need to live with worry and anxiety that keep you from enjoying a full, active life! --This text refers to the Hardcover edition.

## **Book Information**

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## **Customer Reviews**

A really practical common sense guide for life by Dale Carnegie. The book is a few years old but is still applicable as the day it was written. You cannot go wrong in reading this book. He gives numerous examples of friends and others he knows to personalise the information. This may seem a little quaint but it gives the book more of Dale's home spun charm that purges the book of any pretentiousness. I enjoyed and have taken on board some of its very practical advice. Rossity.

This book is a classic. Although some of the actual facts are dated, the principles have passed the test of time and they are still relevant, if not more relevant than ever, for today's World. It is better to use this book as a practical manual. Some of the advice may seem obvious but the point is to use them as a motivation for action. If we learn to deal with worry in a more intelligent way, we will be living happier more plentiful lives and will more likely achieve our potential. It also makes religious references but that doesn't mean you have to be a believer to benefit from the recommendations in this book. When he talks about praying, there are other techniques the non-believers can use instead such as meditation, yoga, etc.

I found value in reading this but I did get hung up on the antiquated stories depicting women as not capable of managing money. It was distracting and a tad insulting but have to remember the time it was written. I felt it was a good read and helpful if you can get over the references and also the repetitious stories.

Great book, definitely gave me some interesting new tools and frameworks to help manage my busy life and career. I didn't like that it was a little wordy at times, slightly outdated (it is 50+ years old), and subtly religious (lots of Jesus talk). But absolutely worth a read if you're looking to manage stress.

I have taken the Dale Carnegie course year's ago. A most wonderful life experience. One of the very best. This book is a continuation of the deep rewards I got from Dale Carnegie through the years. The book so valuable in its content. Recently purchased, I re-read its pages often. Under stress with life changes, the pages helped. I am surprised at discovering its insights, examples based on life experiences. A valuable book to own.

I love this book. I've been reading this book while on BART. This is a very good read, informative and interesting. This is a real life book of life. I would recommend this to all the people especially to those who worries a lot! This book will give you a new perspective of life. Start reading and leaving!!

This is a fantastic book with all kinds of stories and techniques to help you train yourself not to worry. Don't expect an easy fix, however. You need to work at it to make it happen. I read it, and some of it I read over. I read a portion of it daily, and meditate on what it advises. Worry causes all kinds of stress, illness and even death. Tips from some of the greatest moguls from fields religious,

film, book, sports, etc. Most of these accounts were based on Carnegie's interviews with them.

As a Dale Carnegie reader, you cannot help but see that everything you put into life is what you get back out of it. This book is no exception and goes through case after case of some very prominent people making changes in the way they live their life, in order to battle worries and obstacles. On the other side of the coin though, this book will not reveal something you have not heard before. If you are looking for a fresh perspective, this may not be the book for you. Carnegie writes a wonderful story in this book though and many others he has written but the wonder cure is only written by you, for you. Dale Carnegie is quick to bring this aspect up and reiterates it countless times throughout the book. It is a good read though and has some very valuable ideas that can get pushed to the side during the daily grind.

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