



How to Stop Worrying and Start Living

By Dale Carnegie



How to Stop Worrying and Start Living By Dale Carnegie

Learn how to break the worry habit -- Now and forever! With Dale Carnegie's timeless advice in hand, people have learned how to eliminate debilitating fear and worry from their lives and to embrace a worry-free future. In this 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!

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Editorial Review

About the Author

Dale Carnegie was an American self-improvement lecturer and author. Born in 1888, Carnegie was the son of a farmer, and worked throughout his childhood helping his parents with various tasks on the farm. He was fortunate, however, in that he was able to obtain an education in his young adulthood at a nearby Teacher's College. Carnegie worked as a salesman and an actor before he took up teaching public speaking courses at a New York YMCA branch, where he was living at the time. Carnegie's public speaking career took off, and through his success he was able to have several of his books published. His first book, *Public Speaking: a Practical Course for Business Men* sold well, but his most impressive achievement was the publication of his book *How to Win Friends and Influence People*, which was an immediate bestseller when it was published in 1936, and has gone on to sell millions of copies in thirty-one languages. Carnegie also worked to open the Dale Carnegie Institute, a learning-ground for those interested in his public speaking and self-improvement techniques, and Dale Carnegie courses are still taught today. Carnegie died of Hodgkin's Disease on November 1, 1955.

Users Review

From reader reviews:

John Townsend:

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Maritza Kress:

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