



# How to Stop Worrying and start Living

*Dale Carnegie*

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## **How to Stop Worrying and start Living** Dale Carnegie

Stress is a lot like love – hard to define, but you know it when you feel it.

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!

This book will explore the nature of stress and how it infiltrates every level of your life, including the physical, emotional, cognitive, relational and even spiritual. Through techniques that get to the heart of your unique stress response, and an exploration of how stress can affect your relationships, you'll discover how to control stress instead of letting it control you. This book shows you how.

Using the power of habit and several techniques for smoothing out the stressful wrinkles in our day-to-day lives, we'll move towards a real-world solution to living with less stress, more confidence and a deep spiritual resilience that will insulate you from the inevitable pressures of life.

The target of the book is to help readers understand what suits their respective lives best to help them reframe it in a constructive manner, subtracting worry from it and how they could focus on living each day with joy and contentment.

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Dale Carnegie (1888–1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking and interpersonal skills.

He was born in an impoverished family in Maryville, Missouri. Carnegie harboured a strong love and passion for public speaking from a very early age and was very proactive in debate in high school. During the early 1930's, he was renowned and very famous for his books and a radio program. 'When How to Win Friends and Influence People' was published in 1930, it became an instant success and subsequently became one of the biggest bestsellers of all time.

Carnegie loved teaching others to climb the pillars of success. His valuable and tested advice was used in many domains and has been the inspiration of many famous people's success. One of the core ideas in his books is that it is possible to change other people's behavior by changing one's reaction to them.

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