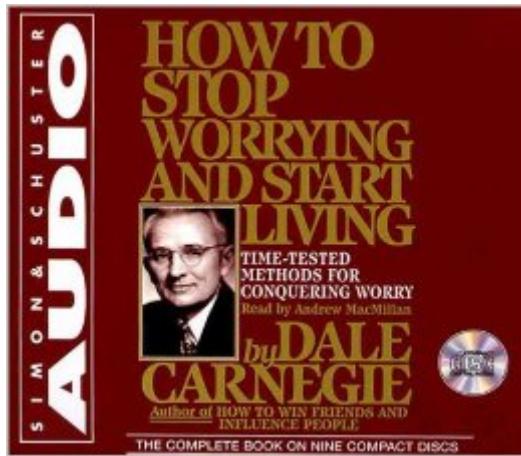


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# How To Stop Worrying And Start Living



## **Synopsis**

Simon & Schuster Audio is proud to present one of the best-selling books of all time, Dale Carnegie's perennial classic *How to Stop Worrying and Start Living* -- presented here in its entirety on 9 compact discs. Through Dale Carnegie's seven-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 -- formulas that will last a lifetime! Discover how to: \* Eliminate fifty percent of business worries immediately \* Reduce financial worries \* Turn criticism to your advantage \* 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 on earth like you! *How to Stop Worrying and Start Living* deals with fundamental emotions and ideas. It is fascinating to listen to 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!

## **Book Information**

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## **Customer Reviews**

If "How to Win Friends..." was about interpersonal skills, this book is about intrapersonal skills. People have criticized Dale for stating the obvious, but hey, as my mother says, "common sense isn't common." Most of these ideas run counter to human nature's way of responding to conflict and criticism (defensiveness, blame, guilt, self-righteousness, etc). Instead, we are invited to replace these typical responses with non-threatening admissions of having been in the wrong if indeed we were in the wrong or water-off-a-duck's back/unshaken poise if the criticism was unjust, unwarranted, and unreasonable. To be honest, I often haven't thought about things the way Dale

states them much less practiced his principles with consistency. Self-improvement in terms of handling my feelings is still a long-term goal of mine. I've made good progress, but I have a ways to go. I think this book is very good, but I think "How to Win Friends & Influence People" is the better of the two books. Also, Dale can come off as preachy at times. I think he was a wonderful, considerate person with the best of intentions, so I hesitate reproaching this "guru" of emotional intelligence. I did enjoy listening to stories about personal transformation. People who had hit rock bottom were able to rebound from their falls. John D. Rockefeller turned his life around, much in the style of "Silas Marner," and no longer fretted about losing money. Thanks to his Rockefeller Foundation, countless good causes have had ample funding. I also like the story Dale shares about J. C. Penney. Penney felt that even his intimate loved ones believed the worst about him after he was implicated with the stock market crash of 1929. He became so worried that his health deteriorated.

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