

STOP WORRYING AND START LIVING



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How to Stop Worrying and Start Living Wikipedia

How to Stop Worrying and Start Living is a self-help book by Dale Carnegie. It was first printed in Great Britain in 1948 by Richard Clay (The Chaucer Press), Ltd., Bungay Suffolk (S.B.N. 437 95083 2).

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How to stop worrying and start living is one of the grandfathers of the self help books, together with Carnegie s other timeless How to Win Friends & Influence People. The content is great and most of it is evergreen -as Ray Dalio said, great is better than new -.

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How to Stop Worrying and Start Living by Dale Carnegie

How to Stop Worrying and Start Living This is Dale Carnegie's summary of his book, from 1948. Table of Contents. Put a "stop-less" order on your worries. Decide just how much anxiety a thing may be worth--and refuse to give it anymore. It is worrying about insomnia that does the damage--not the insomnia.

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Worrying is a cycle, and once you get caught up in it, you start to worry about worrying. Break the cycle before you get to that point. Try the suggestions listed above to stop worrying from affecting your daily life as soon as possible.

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