# How to stop worrying and start living by Dale Carnegie

## What is this book about?

This practical guide offers proven strategies to combat anxiety and live fully. The author shows how adjusting your mindset and thoughts control fear and worry. He provides techniques to analyze problems calmly, take decisive action, and maximize positivity daily through prayer, service, and healthy habits. This inspirational book will help you gain inner peace and lasting happiness.

## Let us get to some more details

Dale was an American author who overcame poverty to achieve success and happiness by pursuing his dreams tirelessly. Originally a salesman, he hated his job so much he became a teacher instead, utterly transforming his life.

Through teaching, Dale realized most people are held back by fear. He believed thoughts shape reality - fearful thoughts make life seem scary, while joyful thoughts fill it with happiness. He advocated addressing worries positively, without ignorance or denial. Stay focused on the present, not dwelling on the past or future.

To break the worry cycle, Dale advised a three-step problem analysis:

1. Get the facts clearly in writing to understand the problem fully.
2. Analyse the facts impartially, listing all options.
3. Make and act on a decision without hesitation or reconsideration.

Keep yourselves meaningfully occupied, leaving no time for worry. Apply common sense and probability - what are the realistic odds of your worry materializing? Accept unchangeable circumstances.

Use "stop-loss orders" on worries, putting a firm limit on how long you'll indulge concerns. For example, wait just 10 minutes for a friend who’s always late before leaving. This provides mental peace.

Dale considered controlling thoughts life's biggest lesson. Think fearful thoughts, become fearful. Think happy thoughts, become happy.

Never avenge enemies or expect gratitude, as you'll just hurt yourself. Find happiness through giving joyfully. Make lemonade from lemons life gives you.

Though raised poor on a religious Missouri farm, Dale’s family prayed often for strength. He recommended praying to articulate worries and feel less alone, gaining energy for action. It helps even non-believers.

View unfair criticism as hidden jealousy or envy. Do your best, then let criticism roll off you. But seek constructive feedback to improve.

Fatigue breeds worry. Rest before tiredness sets in. Relax at work and home. Prioritize important tasks. Work enthusiastically.

In summary, Dale advocated dismantling worry through positivity, analysis, action, busyness, probability, acceptance, limits, prayer, perspective, self-care and fatigue reduction. Redirecting thoughts, asking what is truly in our control, finding meaning in service, and maintaining physical/mental health create courage to live fully.

## Key Takeaways

1. Face your worries head on.
2. If life gives you lemons, do not worry; make lemonade out of it.
3. Regular prayer can help conquer worries
4. Rest before getting tired