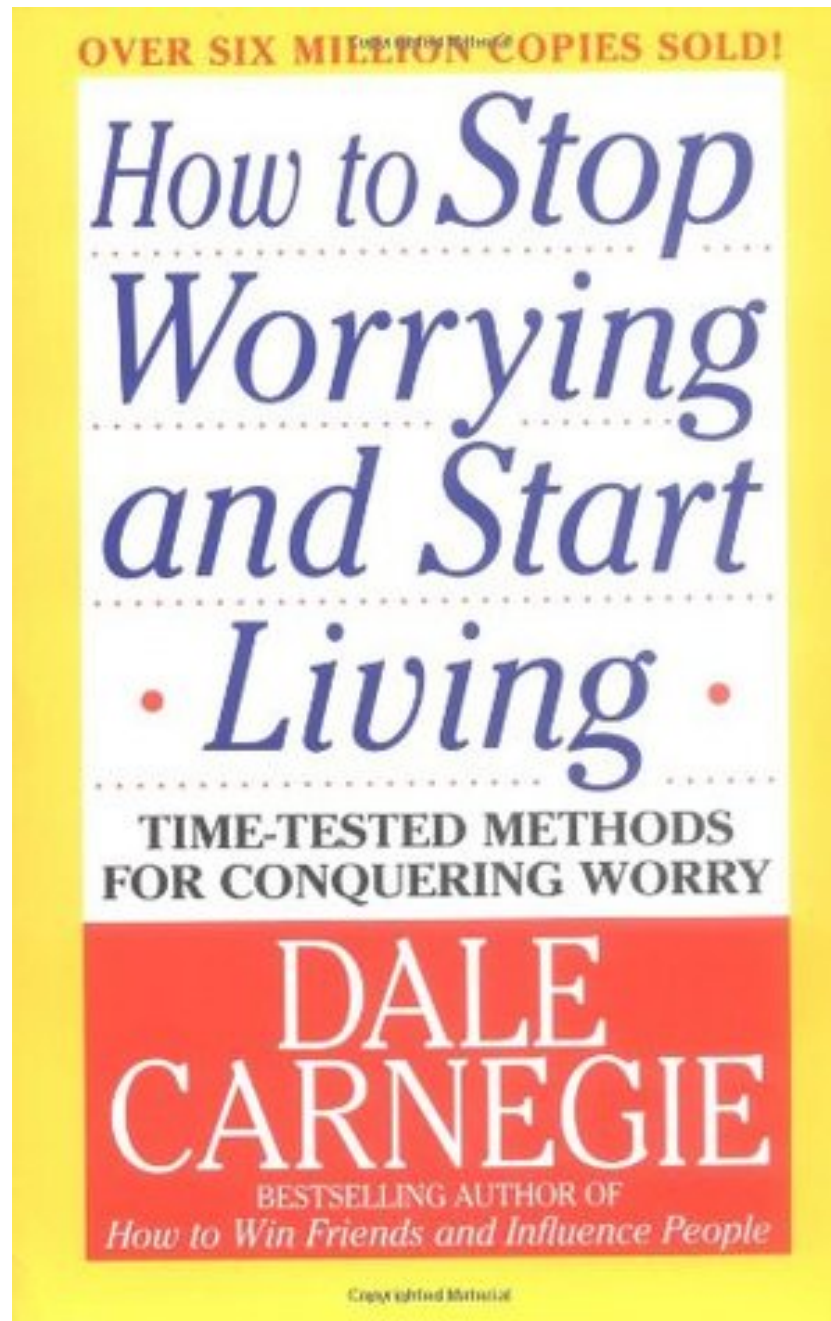


How to Stop Worrying and Start Living Book PDF Download



**By:
Dale Carnegie**

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This book (along with other books by Dale Carnegie) can be life-changing. The book takes the incessant problem of worry, head on. It says that

. Worry doesn't take away your troubles but it do take away your peace, that's the main message of the book. He starts very scientifically by searching the causes behind the wor

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. Worry doesn't take away your troubles but it do take away your peace, that's the main message of the book. He starts very scientifically by searching the causes behind the worry, by taking many case studies. The advice given in the book are really helpful. Its a classic book that must be read if you are in depression and want to come out of it.

Carnegie wrote this book into eight parts.

Often we worry because we take the burden of both the past and the future with us today. That makes the situation look much more difficult. What we should do is to focus just on today. To solve worry situations, there are three steps you should do. First, ask yourself "what is the worst that could happen?". Second, be willing to accept the worst if necessary. Third, calmly try to fix the situation you have accepted.

To overcome worrying, you should know how to analyze and solve worry problems. You can do that by finding and collecting all the facts, analyzing those facts, making a decision, and act on it. We usually worry about something we are uncertain about. Once we get everything clear, we can see what we should do about it.

There is one simple way to crowd worry out of your mind: make yourself busy. When our mind is occupied with work, we won't have time to worry. I think it applies not only to worry, but to all kinds of negative thoughts as well. We will greatly decrease their influence if we are busy doing something constructive. Often we aren't happy because we try to change things we can't change. One should learn to identify those things and accept them.

There is a "magic" way to cure depression: make other people happy. If you focus on how to make others happy, you will inevitably make yourself happy. The less you think about yourself, the more you will be happy.

One more important Rule: Instead of worrying about ingratitude, let expect it.

Marnette Falley

The advice Carnegie gives is all stuff you've heard before, but he pairs it with compelling stories about people who've taken the worrying to an extreme and who've totally turned their lives around by ditching their angst. Some of my favorite points:

Fatigue comes from stress, not from work.

Becoming wise is a path. As you go, remember that compassionate, considered responses make life more manageable.

Contented life is a choice.

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