



## How to Stop Worrying and Start Living

*Dale Carnegie*

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# How to Stop Worrying and Start Living

*Dale Carnegie*

**How to Stop Worrying and Start Living Dale Carnegie**

## How to Stop Worrying and Start Living Details

Date : Published October 5th 2004 by Gallery Books (first published 1944)

ISBN : 9780671035976

Author : Dale Carnegie

Format : Paperback 358 pages

Genre : Self Help, Nonfiction, Psychology, Personal Development, Business

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## From Reader Review How to Stop Worrying and Start Living for online ebook

## Ahmad Ebaid says

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<http://zmital.blogspot.com.eg/2012/06...>

## **Karolina says**

I think the problem with this book is that it's mostly based on persuasive voice. Once the effects of that wear off, it's hard to be convinced to change an ingrained habit. Although, what helps is a desperation to do so.

There are many examples in this book, but very little "this is why it works". Even more so, the further you go into it, the more the author sounds like "What's the matter with you? Don't you see? Why don't you do this?"; and I think, if this were a person-to-person argument, that's the least effective attitude to take on convincing someone to change something. If one can't get over that tone and recognize their own need, they won't get very much out of this.

Dale Carnegie says he was a salesman at some point, and this shows in the way he speaks in his writing. As we get exposed to more and more commercial approaches in daily life, it makes this approach aged - we know better than to listen to every salesman, no matter how convincing he can be. There needs to be more 'meat' on what he says in this book, regardless of that it is true wisdom. He is too proud of his abilities to persuade, and relies mainly on this, over good information. He sounds more like a nagging mother.

Really, what determines the quality of such a book is: did this actually help, and how effectively? Not the language, voice, or nice examples. For me, it has not swayed me in a profound way that would cause me to change, and I feel like there is still a lot of labour left on my part.

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## **Teresa says**

- Advice - live in day-tight compartments.
- Imagine the worst, accept it, and try to improve upon it. Then you have nothing to lose and everything to gain.
- Get the facts, analyze them, arrive at a decision, and act on the decision. You worry more when you don't know
- what is the problem? What is the cause? What are all possible solutions? What solution do you suggest?
- being busy leaves no time for worry
- don't be bothered by the little things
- cooperate with the inevitable. Bend like the willow; don't resist like the oak
- when we change our actions, we change the feeling. Act happy even if you're not.
- You don't attract what you want, but you attract what you are
- Don't expect others to be grateful. Give for the inner joy of giving. To raise grateful children, we have to be grateful.
- quote by John Baillie - "What makes a man a Christian is neither his intellectual acceptance of certain ideas, nor his conformity to a certain rule, but his possession of a certain Spirit, and his participation in a certain Life."
- no one ever kicks a dead dog - if you're kicked and criticized, it means you are accomplishing something and are worthy of attention.
- people aren't thinking about you. They're thinking about themselves
- take naps.
- relax your eyes
- do things in the order of importance.
- clear desk of everything not related to the immediate problem at hand.

- don't put off decisions

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## Sanjay Gautam says

*"Acceptance of what has happened is the first step to overcoming the consequences of any misfortune."*

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 of all the liars in the world most of the time it's our own fears and worries. Worry doesn't take away your troubles but it does 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. It's 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.

### **PART I: Fundamental facts you should know about worry.**

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.

### **PART II: Basic Techniques in Analyzing Worry.**

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.

### **PART III: How to Break the Worry Habit Before it Breaks You.**

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.

### **PART IV: Ways to Cultivate a Mental Attitude That Will Bring You Peace and Happiness.**

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.

## **PART V: The Perfect Way to Conquer Worry.**

Carnegie wrote in his book that one day when his father returned from Maryville, where the banker had threatened to foreclose the mortgage, he stopped his horses on a bridge crossing a river, got off the wagon, and stood for a long time looking down at the water, debating with himself whether he should jump in and end it all.

Years later, Carnegie Sr. told him that the only reason he didn't jump was because of his mother's deep, abiding, and joyous belief that if we loved God and kept His commandments everything would come out all right. His Mother was right. Everything did come out all right in the end. His Father lived forty-two happy years longer, and died in 1941, at the age of eighty-nine.

## **PART VI: How to Keep From Worrying About Criticism.**

Do your work as good as possible and then open your umbrella so that the rain of criticisms won't touch you. Once I've done my best, I can be happy no matter what people say.

One of the best teachers is your own experience. You can learn from it by taking notes of the fool things you have done and criticize yourself. If you constantly do this, you will constantly improve yourself.

## **PART VII: 6 Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirits High.**

Dale Carnegie listed down the following six ways in his book: Rest before you get tired; Learn to relax at your work; Learn to relax at home; Apply good working habits (clear your desk of all papers except those relating to the immediate problem at hand; do things in the order of their importance; when you face a problem, solve it then and there if you have the facts necessary to make a decision; and learn to organize, deputize, and supervise); To prevent worry and fatigue, put enthusiasm into your work; and Remember that no one was ever killed by lack of sleep. It is worrying about insomnia that does the damage – not the insomnia itself. If you can't sleep, get up and work or read until you do feel sleepy.

While it may seem counter intuitive, one of the best ways to increase your productivity is to take rest regularly. Take rest before you feel tired. Doing this simple thing will energize yourself throughout the day and enable you to accomplish more.

Learning to banish boredom is essential for happiness. An effective way to do that is by making what you do interesting. Even things that look boring can be made interesting if you are creative.

## **PART VIII: "How I Conquered Worry".**

This part contains many stories of individuals who applied the principles outlined in previous parts. There are also some new tips that haven't been covered before.

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Reading How to Stop Worrying and Start Living is like reading centuries' worth of wisdom in one book.

Highly Recommended!

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### **Ahmad Sharabiani says**

How to stop worrying and start living, Dale Carnegie (1888 - 1955)

How to Stop Worrying and Start Living is a self-help book by Dale Carnegie. It was first printed in Great Britain in 1948.

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## **Marnette Falley says**

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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## **Tim says**

### **Fundamental Facts You Should Know About Worry**

Rule 1 - If you want to avoid worry, do what Sir William Osler did" Live in "day-tight compartments." Don't stew about the future. Just live each day until bedtime.

Rule 2 - The next time Trouble - with a Capital T - backs you up in a corner, try the magic formula of Willis H. Carrier:

- a. Ask yourself, "What is the worst that can possibly happen if I can't solve my problem?"
- b. Prepare yourself mentally to accept the worst - if necessary.
- c. Then calmly try to improve upon the worst - which you have already mentally agreed to accept.

Rule 3 - Remind yourself of the exorbitant price you can pay for worry in terms of your health. "Those who do not know how to fight worry die young."

### **Basic Techniques in Analyzing Worry**

Rule 1 - Get the facts. Remember that Dean Hakes of Columbia University said that "half the worry in the world is caused by people trying to make decisions before they have sufficient knowledge on which to base a decision.

Rule 2 - After carefully weighing all the facts, come to a decision.

Rule 3 - Once a decision is carefully reached, act! Get busy carrying out your decision - and dismiss all anxiety about the outcome.

Rule 4 - When you or any of your associates, are tempted to worry about a problem, write out and answer the following questions:

- a. What is the problem?
- b. What is the cause of the problem?
- c. What are all the possible solutions?
- d. What is the best solution?

### **How to Break the Worry Habit Before It Breaks You**

Rule 1 - Crowd worry out of your mind by keeping busy. Plenty of action is one of the best therapies ever devised for curing the "wibber gibbers."

Rule 2 - Don't fuss about trifles. Don't permit little things - the mere termites of life - to ruin your happiness.

Rule 3 - Use the law of averages to outlaw your worries. Ask yourself: "What are the odds against this thing's happening at all?"

Rule 4 - Cooperate with the inevitable. If you know a circumstance is beyond your power to change or revise, say to yourself: "It is so; it cannot be otherwise."

Rule 5 - Put a "stop-loss" order on your worries. Decide just how much anxiety a thing may be worth - and refuse to give it any more.

Rule 6 - Let the past bury its dead. Don't saw sawdust.

### Seven Ways to Cultivate a Mental Attitude That Will Bring You Peace and Happiness

Rule 1 - Let's fill our minds with thoughts of peace, courage, health, and hope, for "our life is what our thoughts make of it."

Rule 2 - Let's never try to get even with our enemies, because if we do we will hurt ourselves far more than we hurt them. Let's do as General Eisenhower does: let's never waste a minute thinking about people we don't like.

Rule 3 - A. Instead of worrying about ingratitude, let's expect it. Let's remember that Jesus healed ten lepers in one day - and only one thanked Him. Why should we expect more gratitude than Jesus got?

B. Let's remember that the only way to find happiness is not to expect gratitude - but to give for the joy of giving.

C. Let's remember that gratitude is a "cultivated" trait; so if we want our children to be grateful, we must train them to be grateful.

Rule 4 - Count your blessings - not your troubles!

Rule 5 - Let's not imitate others. Let's find ourselves to be ourselves, for "envy is ignorance" and "imitation is suicide."

Rule 6 - When fate hands us a lemon, let's try to make lemonade.

Rule 7 - Let's forget our own unhappiness - by trying to create a little happiness for others. "When you are good to others, you are the best to yourself."

### How to Keep from Worrying about Criticism

Rule 1 - Unjust criticism is often a disguised compliment. It often means that you have aroused jealousy and envy. Remember that no one ever kicks a dead dog.

Rule 2 - Do the very best you can; and then put up your umbrella and keep the rain of criticism from running down the back of your neck.

Rule 3 - Let's keep a record of the fool things we have done and criticize ourselves. Since we can't hope to be perfect, let's do what E. H. Little did: let's ask for unbiased, helpful, constructive criticism.

### Six Ways to Prevent Fatigue and Worry and Keep Your Energy and Spirits High

Rule 1 - Rest before you get tired.

Rule 2 - Learn to relax at your work.

Rule 3 - Learn to relax at home.

Rule 4 - Apply these four good working habits:

a. Clear your desk of all papers except those relating to the immediate problem at hand.

b. Do things in the order of their importance.

c. When you face a problem, solve it then and there if you have facts necessary to make a decision.

d. Learn to organize, deputize, and supervise.

Rule 5 - To prevent worry and fatigue, put enthusiasm into your work.

Rule 6 - Remember, no one was ever killed by lack of sleep. It is worrying about insomnia that does the damage - not the insomnia.

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## Bushra Omar says

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## Islam Sherif says

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## Mostafa Galal says

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### **Chhun says**

I was so blue that I didn't have nice shoes to wear, and it was until I met a man on the wheelchair at the corner of the street. He didn't even have both legs. I helped him buy drink from the vending machine. I asked him if he was upset of sitting on the wheelchair every day. He smiled to me, "I used to be, but not now". "Do you think I can speak?", he asked me. That was a strange question. "We are talking right now", I replied unconsciously. "Do you think I can see you?", he continued. He made me wild with his nonsense question. I was about to shout at him to stop playing these crazy questions with me, but I didn't. "I don't think you are also blind, aren't you?", I talked to him loudly. He suddenly smiled to me. "You see, now I can talk to a handsome boy like you, I can see my beautiful world of love and joy, I can listen to my favorite music, so how lucky you think I am". Chill ran through my spine as soon as I heard these words. "How lucky you are", I repeated.

"What about me? Am I lucky?", I said to myself in my head. I even have my both legs walking on this soft earth. "And then what the hell I'm worried about?"....."Without nice shoes?" I laughed at myself. He totally changed my life, changed the way I'm thinking and used to think. No matter what happens, I'm still a lucky man on the planet.

Thank you, Dale Carnegie!

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