

# How To Stop Worrying And Start Living By Dale Carnegie

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Format: Audio Book MP3 Language: English Release Date: March 4, 2009 Categories: Audiobook, Adventure Product Description: The book's goal is to lead the reader to a more enjoyable and fulfilling lifestyle, helping them to become more aware of, not only themselves, but others around them. Carnegie tries to address the everyday nuances of living, in order to get the reader to focus on the more important aspects of life. The book has ten major sections. The core principles of each section are quoted below.

Fundamental facts you should know about worry  
Basic techniques in analyzing worry  
How to break the worry habit before it breaks you  
Seven ways to cultivate a mental attitude that will bring you peace and happiness  
The perfect way to conquer worry  
How to keep from worrying about criticism  
Six ways to prevent fatigue and worry and keep your energy and spirits high

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