



## How to Stop Worrying and Start Living

*Dale Carnegie*

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# How to Stop Worrying and Start Living

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

Learn how to break the worry habit -- Now and forever!

With Dale Carnegie's timeless advice in hand, more than six million people have learned how to eliminate debilitating fear and worry from their lives and to embrace a worry-free future. In this classic work, How to Stop Worrying and Start Living, Carnegie offers a set of practical formulas that you can put to work today. It is a book packed with lessons that will last a lifetime and make that lifetime happier!

DISCOVER HOW TO:

1. Eliminate fifty percent of business worries immediately
2. Reduce financial worries
3. Avoid fatigue -- and keep looking young
4. Add one hour a day to your waking life
5. Find yourself and be yourself -- remember there is no one else on earth like you!

Fascinating to read and easy to apply, How to Stop Worrying and Start Living deals with fundamental emotions and life-changing ideas. There's no need to live with worry and anxiety that keep you from enjoying a full, active life!

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