

## HOW TO BREAK THE WORRY HABIT – BEFORE IT BREAKS YOU

Worry affects everyone and influences your work, money, family life and relationships. This book offers practical suggestions for breaking out of this destructive habit and leading a more positive and enjoyable life.

Worry-free tips include:

- Fundamental facts you should know about worry
- A magic formula for solving worry situations
- Seven ways to cultivate a mental attitude that will bring you peace and happiness
- How to keep from worrying about criticism
- Six ways to prevent fatigue and worry
- Personal tips from those who have conquered worry

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How to Stop Worrying and Start Living



Carnegie



# How to Stop Worrying and Start Living

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# *How to Stop Worrying and Start Living*

Dale Carnegie

Edited by  
Dorothy Carnegie

**Vermilion**  
LONDON

This book is dedicated to a man who doesn't need to read it

(- LOWELL THOMAS)

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