



How to Stop Worrying and Start Living

Time-Tested Methods for Conquering Worry

by Dale Carnegie

Pocket Books © 2004
298 pages

The Big Ideas

What Worry Does

It's not good.

Live In:

"Day-tight compartments"

Be Willing to Have It So

Don't argue with reality.

Decide

... and Rock It!

Don't Cry

Over spilt milk.

Rest

BEFORE you get tired.

The Answer to Fatigue?

4 of 'em.

Other People

(Aren't) thinking about you.

Get Busy!!!

No leisure to be miserable.

"No one living has enough emotion and vigor to fight the inevitable and, at the same time, enough left over to create a new life. Choose one or the other. You can either bend with the inevitable sleetstorms of life--or you can resist them and break!" ~ Dale Carnegie from *How to Stop Worrying and Start Living*

Dale Carnegie rocks. If you've read *How to Win Friends and Influence People*, you've been exposed to his laid back, tell-it-like-it-is style. Same with this book.

If you've got a little more worry in your life than you'd like (who doesn't, eh?!) then me thinks you'll love this book and Note. It's packed with goodness and I'm excited to jump right in. So, let's! :)

■ What Worry May Do To You

"Seventy per cent of all patients who come to physicians could cure themselves if they got rid of their fears and worries."

That's a powerful stat, eh? So, why should you care about stopping your worry habit?

Well, in addition to the fact that being a worrier makes you a bummer to be around (sorry to break it to you :), you're destroying your health--reducing your energy today and trimming years (decades?) off your life.

Carnegie quotes a Dr. Montague: "You do not not get stomach ulcers from what you eat. You get ulcers from what is eating you."

And a Dr. Alexis Carrel: "Those who do not know how to fight worry die young."

And some philosopher guy named Plato: "The greatest mistake physicians make is that they attempt to cure the body without attempting to cure the mind; yet the mind and the body are one and should not be treated separately!"

Alright. So, you don't need any (more) convincing on the WHY, right? Time for the HOW!

■ Live In "Day-tight Compartments"

"So let's be content to live the only time we can possibly live: from now until bedtime. "Anyone can carry his burden, however hard, from now until nightfall," wrote Robert Louis Stevenson. "Anyone can do his work, however hard, for one day. Anyone can live