

How to stop worrying and start living

[Literature](#)



Notes on Author

Dale Breckenridge Carnegie (November 24, 1888 - November 1, 1955) was an American writer, lecturer, and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. About the Book: The book is a compilation of Dale Carnegie and his students' experiences in facing the problems and how they have come out of the depression by conquering worry. He tells us how and why to not worry about criticism, six ways to prevent fatigue and worry from keeping your energy levels.

He also includes few experiences of some inspiring personalities. In this book Carnegie discusses how to analyze your worries and how to solve problems without worry. He discusses the negative effects of worry to your health and your success. He teaches how to break the worry habit, seven ways to cultivate a mental attitude that can bring you peace and happiness and a "perfect way" to conquer worry. This book is very readable and well organized. It is written so that even a school-going kid could easily understand it.

This book has suggestions at the end of each chapter summarizing the material and telling the reader how to apply it. It gives simple ideas which can make a difference in our lives. It has good, positive and powerful ideas which help us to overcome the difficulties and face the problems boldly.

What I learnt from the book:

- If you want to avoid worry live in "day tight compartments". When our mind is occupied with work, we won't have time to worry. 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.

- We should know how to analyze and solve worry problems. We can do that by finding and collecting all the facts, analyzing those facts, making a decision, and act on it.
- Count your blessings, not your troubles. If we want to be happy, we should focus on all the things that work well in our life and forget the other things that don't.
- 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.
- 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.
- We should not worry about what other people say about whether or not we have done our best. Once we have done our best, we can be happy no matter what people say.
- Often we aren't happy because we try to change things we can't change. We should learn to identify those things and accept them.