

OVER SIX MILLION COPIES SOLD!

*How to Stop
.....
Worrying
.....
and Start
.....
• Living •
.....*

**TIME-TESTED METHODS
FOR CONQUERING WORRY**

**DALE
CARNEGIE**

BESTSELLING AUTHOR OF
How to Win Friends and Influence People

How To Stop Worrying And Start Living

By

Dale Carnegie

Contents:

[Scan/Edit Notes](#)

[Sixteen Ways in Which This Book Will Help You](#)

[Preface - How This Book Was Written-and Why](#)

[**Part One - Fundamental Facts You Should Know About Worry**](#)

- 1 - Live in "Day-tight Compartments"
- 2 - A Magic Formula for Solving Worry Situations
- 3 - What Worry May Do to You

[**Part Two - Basic Techniques In Analysing Worry**](#)

- 4 - How to Analyse and Solve Worry Problems
- 5 - How to Eliminate Fifty Per Cent of Your Business Worries
 - Nine Suggestions on How to Get the Most Out of This Book

[**Part Three - How To Break The Worry Habit Before It Breaks You**](#)

- 6 - How to Crowd Worry out of Your Mind
- 7 - Don't Let the Beetles Get You Down
- 8 - A Law That Will Outlaw Many of Your Worries
- 9 - Co-operate with the Inevitable
- 10 - Put a "Stop-Loss" Order on Your Worries
- 11 - Don't Try to Saw Sawdust

[**Part Four - Seven Ways To Cultivate A Mental Attitude That Will Bring You Peace And Happiness**](#)

- 12 - Eight Words that Can Transform Your Life
- 13 - The High, Cost of Getting Even
- 14 - If You Do This, You Will Never Worry About Ingratitude
- 15 - Would You Take a Million Dollars for What You Have?
- 16 - Find Yourself and Be Yourself: Remember There Is No One Else on Earth Like You

- 17 - If You Have a Lemon, Make a Lemonade
- 18 - How to Cure Melancholy in Fourteen Days

Part Five - The Golden Rule For Conquering Worry

- 19 - How My Mother and Father Conquered Worry

Part Six - How To Keep From Worrying About Criticism

- 20 - Remember That No One Ever Kicks a Dead Dog
- 21 - Do This-and Criticism Can't Hurt You
- 22 - Fool Things I Have Done

Part Seven - Six Ways To Prevent Fatigue And Worry And Keep Your Energy And Spirits High

- 23 - How to Add One Hour a Day to Your Waking Life
- 24 - What Makes You Tired-and What You Can Do About It
- 25 - How the Housewife Can Avoid Fatigue-and Keep Looking Young
- 26 - Four Good Working Habits That Will Help Prevent Fatigue and Worry
- 27 - How to Banish the Boredom That Produces Fatigue, Worry, and Resentment
- 28 - How to Keep from Worrying About Insomnia

Part Eight - How To Find The Kind Of Work In Which You May Be Happy And Successful

- 29 - The Major Decision of Your Life

Part Nine - How To Lessen Your Financial Worries

- 30 - "Seventy Per Cent of All Our Worries ..."

Part Ten - "How I Conquered Worry" (32 True Stories)

- "Six Major Troubles Hit Me All At Once" By C.I. Blackwood
- "I Can Turn Myself into a Shouting Optimist Within an Hour" By Roger W. Babson
- "How I Got Rid of an Inferiority Complex" By Elmer Thomas
- "I Lived in the Garden of Allah" BY R.V.C. Bodley
- "Five Methods I Use to Banish Worry" By Professor William Lyon Phelps
- "I Stood Yesterday. I Can Stand Today" By Dorothy Dix
- "I Did Not Expect to Live to See the Dawn" BY J.C. Penney
- "I Go to the Gym to Punch the Bag or Take a Hike Outdoors" By Colonel Eddie Eagan
- "I Was 'The Worrying Wreck from Virginia Tech'" By Jim Birdsall
- "I Have Lived by This Sentence" By Dr. Joseph R. Sizoo
- "I Hit Bottom and Survived" By Ted Ericksen
- "I Used to Be One of the World's Biggest Jackasses" By Percy H. Whiting

- "I Have Always Tried to Keep My Line of Supplies Open" By Gene Autry
- "I Heard a Voice in India" BY E. Stanley Jones
- "When the Sheriff Came in My Front Door" By Homer Croy
- "The Toughest Opponent I Ever Fought Was Worry" By Jack Dempsey
- "I Prayed to God to Keep Me Out of an Orphan's Home" By Kathleen Halter
- "I Was Acting Like an Hysterical Woman" By Cameron Shipp
- "I Learned to Stop Worrying by Watching My Wife Wash Dishes" By Rev. William Wood
- "I Found the Answer-Keep Busy!" By Del Hughes
- "Time Solves a Lot of Things" By Louis T. Montant, Jr.
- "I Was Warned Not to Try to Speak or to Move Even a Finger" By Joseph L. Ryan
- "I Am a Great Dismissor" By Ordway Tead
- "If I Had Not Stopped Worrying, I Would Have Been in My Grave Long Ago" By Connie Mack
- "One at a Time, Gentlemen, One at a Time" By John Homer Miller
- "I Now Look for the Green Light" By Joseph M. Cotter
- How John D. Rockefeller Lived on Borrowed Time for Forty-five Years
- "Reading a Book on Sex Prevented My Marriage from Going on the Rocks" BY B.R.W.
- "I Was Committing Slow Suicide Because I Didn't Know How to Relax" By Paul Sampson
- "A Real Miracle Happened to Me" By Mrs. John Burger
- "Setbacks" BY Ferenc Molnar
- "I Was So Worried I Didn't Eat a Bite of Solid Food for Eighteen Days" By Kathryn Holcombe Farmer

Scanning and Editing Notes

Versions available and duly posted:

Format: v1.0 (Text)

Format: v1.0 (PDB - open format)

Format: v1.5 (HTML)

Format: v1.5 (PDF - no security)

Format: v1.5 (PRC - for MobiPocket Reader - pictures included)

Extra's: Pictures Included (for all versions)

Copyright: 1948 / 1958 (This book)

First Printing - 1948

Library of Congress Catalog Number - Unknown

First Scanned: Jan/15/2002

Posted to: alt.binaries.e-book

Note:

1. The Html, Text & Pdb versions are bundled together in one zip file.
2. The Pdf & Prc files are sent as single zips (and naturally don't have the file structure below)

~~~~~

Structure: (Folder and Sub Folders)

{Main Folder} - HTML Files

- |
- | - {Nav} - Navigation Files
- |
- | - {PDB}
- |
- | - {Pic} - Graphic files
- |
- | - {Text} - Text File

-Salmun