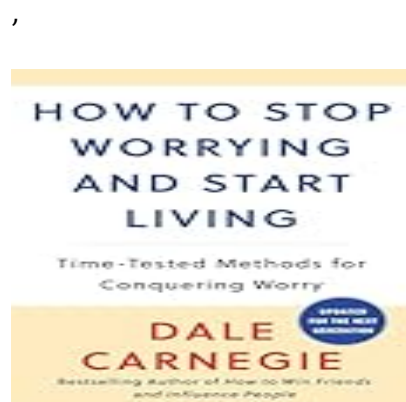


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I loved this book! How to Stop Worrying and Start Living offers practical and insightful advice on how to manage and overcome worry in our lives, The author Dale Carnegie presents a wide range of strategies and techniques that are easy to understand and apply regardless of your background or situation: By focusing on what we can do instead of what we can't we can reduce stress and anxiety and live a fulfilling life: The book is full of inspiring examples and stories of people who have

successfully overcome worry and achieved great things. Overall I highly recommend How to Stop Worrying and Start Living to anyone who wants to improve their mental health and wellbeing: Whether you're dealing with a specific problem or just want to feel calm and centered in your daily life this book has something to offer: It helped me to understand that one needs to proceed 1 day at a time and to stop worrying about things one has no control over. This a replacement book as I gave my first copy to a young woman who I worked with and she was positively changed by reading it: I bought this copy as I wanted to read the book again and reinforce the lessons I learned the first time, Burn outs and depressions are definitely the diseases of these times, L'auteur parti de rien a fait un véritable travail d'archives pour en finir son écritures en 6 ans. Il est bourré de références utiles plus que ça à écrire dans un notebook pour s'en rappeler. Contente de ce livre. I believe the book. changed my life. That is why this book is so brilliant