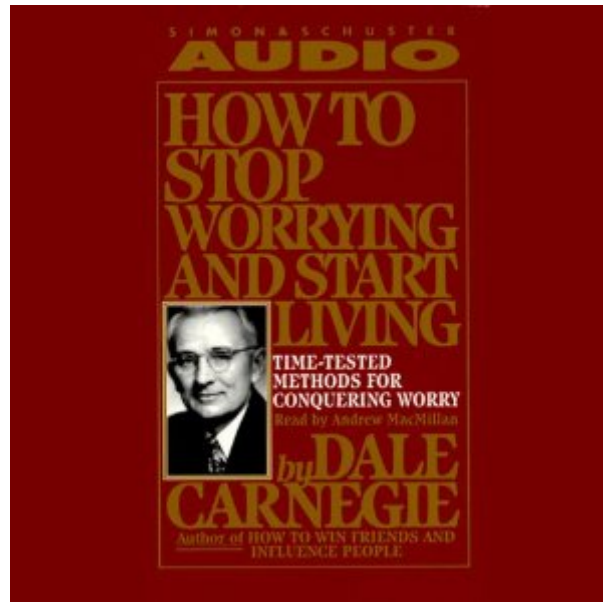


The book was found

How To Stop Worrying And Start Living: Time-Tested Methods For Conquering Worry



Synopsis

This cd-rom contains: -THE BOOK. -UNABRIDGED AUDIOBOOK IN MP3 FORMAT. --This text refers to an out of print or unavailable edition of this title.

Book Information

Audible Audio Edition

Listening Length: 10 hours and 11 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Simon & Schuster Audio

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Whispersync for Voice: Ready

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Best Sellers Rank: #40 in Books > Medical Books > Psychology > General #41 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #158 in Books > Health, Fitness & Dieting > Psychology & Counseling

Customer Reviews

If "How to Win Friends..." was about interpersonal skills, this book is about intrapersonal skills. People have criticized Dale for stating the obvious, but hey, as my mother says, "common sense isn't common." Most of these ideas run counter to human nature's way of responding to conflict and criticism (defensiveness, blame, guilt, self-righteousness, etc). Instead, we are invited to replace these typical responses with non-threatening admissions of having been in the wrong if indeed we were in the wrong or water-off-a-duck's back/unshaken poise if the criticism was unjust, unwarranted, and unreasonable. To be honest, I often haven't thought about things the way Dale states them much less practiced his principles with consistency. Self-improvement in terms of handling my feelings is still a long-term goal of mine. I've made good progress, but I have a ways to go. I think this book is very good, but I think "How to Win Friends & Influence People" is the better of the two books. Also, Dale can come off as preachy at times. I think he was a wonderful, considerate person with the best of intentions, so I hesitate reproaching this "guru" of emotional intelligence. I did enjoy listening to stories about personal transformation. People who had hit rock bottom were able to rebound from their falls. John D. Rockefeller turned his life around, much in the style of "Silas Marner," and no longer fretted about losing money. Thanks to his Rockefeller Foundation, countless

good causes have had ample funding. I also like the story Dale shares about J. C. Penney. Penney felt that even his intimate loved ones believed the worst about him after he was implicated with the stock market crash of 1929. He became so worried that his health deteriorated.

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