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How to Stop Worrying and Start Living Wikipedia

How to Stop Worrying and Start Living is a self-help book by Dale Carnegie. It was first printed in Great Britain in 1948 by Richard Clay (The Chaucer Press), Ltd., Bungay Suffolk (S.B.N. 437 95083 2). It is currently published as a Mass Market Paperback of 352 pages by Pocket (Revised edition: September 15, 1990), ISBN 0-671-73335-4.

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2. Be yourself: Nothing can bring you peace but yourself. One of the best guidebooks to realizing that worrying is a useless, harmful endeavor is named, fittingly enough, How to Stop Worrying and Start Living.

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How to keep from worrying about criticism. Unjust criticism is often a disguised compliment. It often means that you have aroused jealousy and envy. Remember that no one ever kicks a dead dog. Do the very best you can; and then put up your old umbrella and keep the rain of criticism from running down the back of your neck.

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