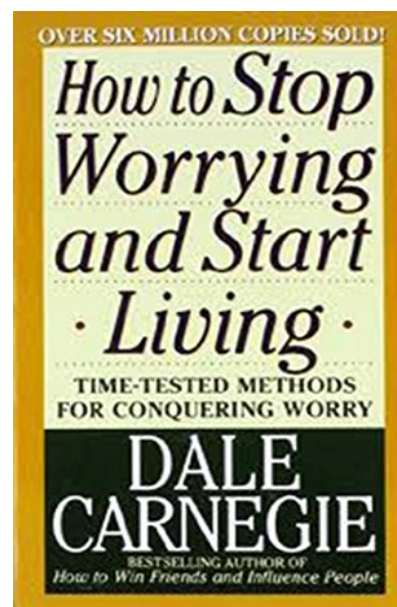


# How To Stop Worrying And Start Living Book Summary (PDF) by Dale Carnegie

Ready to learn the most important takeaways from How To Stop Worrying And Start Living in less than two minutes? Keep reading!



## Why This Book Matters:

How to Stop Worrying and Start Living teaches readers how to manage their stress to live for today.

## The Big Takeaways:

- 1. Too much stress can hurt your physical health.**
  1. If You may often equate stress to your mental health, but it can also take a physical toll on your body.
- 2. Not knowing makes you stress even more.**
  1. A lack of certainty can amplify your worries. Do your best to know why you are stressed.
- 3. Know how to deal with your worries and don't second guess it.**
  1. Once you have found a way to confront your stress

adequately, do it often and without hesitation.

**4. The present moment is all you should be worried about.**

1. Don't let the past or the future haunt your present.

**5. If stress gets to be too much, figure out how to deal with the worst possible outcome.**

1. If you are prepared for the worst, everything in between become more manageable.

## **Want To Keep Reading?**

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- 2. Buy The Book on Amazon**
- 3. Listen To The Audiobook**

## **Watch A Video Summary:**