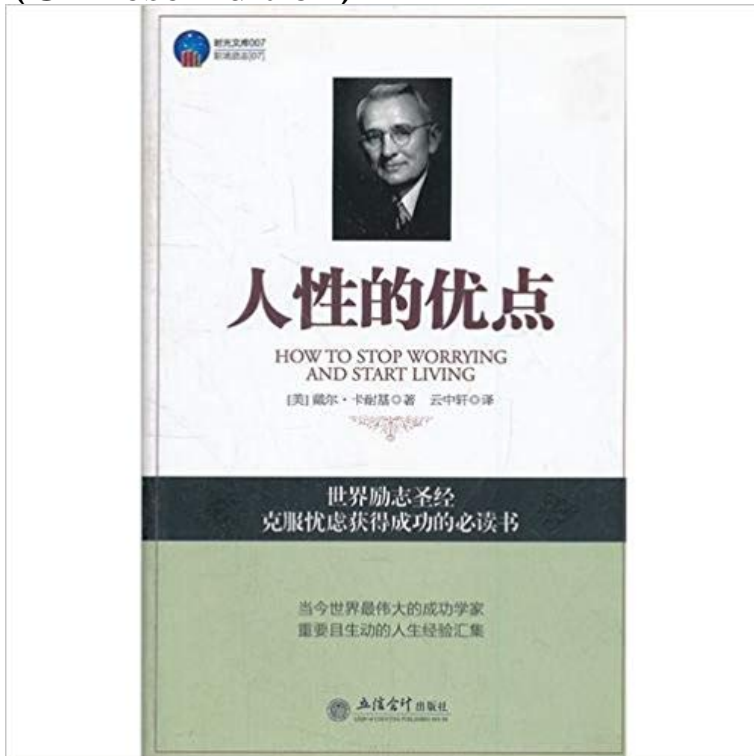


# How To Stop Worrying and Start Living (Upvalue Gold Edition) (Chinese Edition)



Carnegie upholds that the anxiety is one of the biggest problems facing human being which can be seen from the fact that more than half of the beds in the hospital are occupied by those patients with mental or emotional problems. Carnegie also found that in the adult education class, whether the students are the senior director of sales personnel, engineers, accountant, or housewife, all have a wide range of problems and anxieties which calls for him to open a course on overcoming worries. But after a thorough search in New York Public Library, he only found 22 books on the topic and none of them is suitable to use as the teaching materials. So he himself decided to write such a book. Carnegie read the biography of famous people who were once plagued by serious problems and found out the solutions to the problem of these characters. Then he interviewed dozens of people to share their methods of overcoming anxiety. According to all the findings, he sorted out a set of principles of stopping worrying.

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