

Book titled: How To Stop Worrying and Start Living

Reviewed by

Kainat Ali¹, Syed Hyder Raza Shah*²**Original Article**

1. Junior Elementary School Teacher at GGHS Court Rd, Nawabshah, Sindh, Pakistan
2. Ph.D. English Scholar, Universiti Tun Hussein Onn Malaysia
*Email: syedhyderraza_sng@sbbusba.edu.pk

Abstract

In the contemporary era characterized by rapid change and unpredictability, pursuing a worry-free existence has emerged as a challenging and elusive endeavor. This book review explores the profound insights presented in Dale Carnegie's enduring classic, "How to Stop Worrying and Start Living." Carnegie's book offers useful insights into the transformation of anxiety into a life characterized by calm, productivity, and fulfillment, drawing upon concepts derived from psychology, philosophy, and practical counsel. Moreover, the book review emphasizes the significance of interpersonal interactions in fostering pleasure and showcases Carnegie's methods for effectively managing criticism, cultivating empathy, and enhancing communication skills. These principles not only mitigate anxiety but also facilitate attaining a more cohesive and balanced state of being.

Keywords: Worry, Anxiety, Transformation, Life, Survival of Humanity, Unwanted Crowd

'If you ask what is single the most important key to longevity, I would have to say it is avoiding worry, stress and tension. And if you didn't ask me, I had still have to say'
George Burns

Discussion and Analysis

In a global context characterized by disorder and unpredictability, the desire to attain a serene and gratifying state of being represents a shared aspiration. The exploration of this particular inquiry is eloquently examined in the enduring literary work of Dale Carnegie, titled "How to Stop Worrying and Start Living." This book offers valuable perspectives on effectively managing worries, presenting a structured approach to freeing our brains from the constraints of Worry and facilitating a greater sense of fulfillment and direction in our lives.

Following are some engaging discussions and analyses of the text that are worth mentioning below:

Human Psychology

How to Stop Worry and Start Living is research that focuses on human psychology. In this book, Dale Carnegie, the writer, explains in depth how to analyze and solve problems. In this regard, he magically generates an idea that can help the reader to collect the facts, a more specific analysis of those facts and then how to arrive at a decision and work on it practically. This magical formula can solve many people's problems. To support his ideas and analysis, Carnegie uses a technique

that provides different valid references, acting coherently to reflect the psychological traumas that all persons are going through but in multiple dimensions.

He introduces Galen Litchfield's technique and invites readers to find out the reason for getting worried, what a reader can do about it, what he will do about the problem, and when he will start working to overcome.

Live for Present Shut the Doors for Past and Future

The author brings forth the importance of the present by suggesting that a worried man should eliminate all worries to keep the idea that everything is temporary in this world; even our so-called problems are mortal. Whatever happened in the past is part of the past phase. It has nothing to do with the present. Today is another day to live it. Moving forward, it is noted that Carnegie summons readers to value writing. He adds that all our financial troubles start when our balance is out and when a person do not know how and when to spend money. People often feel that workload is a real cause of fatigue, but Dale states that our frustration, worry and resentment are true sources of fatigue.

Worth of Opportunities

Carnegie encourages his readers to understand the worth of those opportunities in our hands and, more importantly, to avoid running after the things outside our approach. According to him, the main purpose of our being is not to look into distant things. He has evaluated the great differences and significance of the past, present and future. He believes there should be no anxiety about the future as it is out of our control. To him, the future is, more specifically, an unborn tomorrow still alive. *Past* is a dead memory that must be shut down. If we do this practice, we are in the safe zone. Ultimately, this leads to having a secure present. Dale has discussed strong psychological perspectives related to understanding how people waste their time and energy by preferring to think about the past and future; they forget that they are living today and there are no past and future because, in this progressive world of opportunities, people who are only focused at valuing past and future are always in anxiety and mental torcher.

Thinking as a Constructive Force

Furthermore, he distinguishes between a good thinker and a bad thinker. A good thinker has constructive power that enables him to deal logically with unpleasant situations against him. On the other hand, a person with bad thinking cannot mentally cope with all causes and effects logically, which results in nervous tension, anxiety and other mental disorders. The writer has illustrated a clear choice for the readers to choose which path they want to travel, the path occupied by worries of the past and fear for tomorrow or the one useful to live a happy today. Past worries, anxieties, depression, and nervous breakdowns are doing nothing productive for the survival of humanity; instead, these are contributing to pushing him backward.

Quoting different real-life examples, Carnegie presents solutions to overcoming the fear of loneliness that kills from the inside. He does it by preferring to live for today regardless of any worse life experience. To him, man is free to force himself to bear that stress or enjoy peace of his mind and soul. Dale has proposed a magical formula of Willis H. Carrier to deal with worry in which the first thing is to ask yourself the intensity of any happening to face the worst situation. The next step is accepting the worst, and in the end, is to realize the worst and work to achieve the best from the worst.

Just let liabilities and think about the riches of possessions. Dale explains how depression, worries and inability to adjust to reality cause health disorders.

Mind and Body

According to the psychological point of view, both mind and body should be treated collectively, as the brain is the part of the body that controls whole body functions. Simultaneously, all diseases like ulcers, insomnia, headaches, heart troubles and other paralysis are due to ill mental health. As William James stated, "It is the lord who forgives all our sins, but our mind does not". Here is the solution for those who get worried and disturb their health initially; they have to make their mind not feel worried, not cry for anything, or mind over a matter. Then they have to promise themselves that they will conquer that worry and will live again in their life. The main thing is that one must know the art of fighting with worry so that they will not die at a young age, and it is not confined to only persons who are related to a specific profession, but it is for all.

Worries as Unwanted Crowd

Worries are unhealthy to crowd in the mind, so there is a need to get this unwanted crowd out of the mind. A person facing such worries must know the art of forgetting and ignoring the unpleasant. Everyone has been bestowed with different capabilities. You only need to explore them with certain security to your mind, peace of heart and soul, and gladness to soothe man's nerves. The task can only be achieved when one is fully dedicated to the work, the work which he loves to do, and it will bring a full absorption of mental capabilities in the allotted work. Every day is a new beginning of life. Without any purpose, the whole day will end in disintegration. Set a purpose and a goal to get yourself busy with it fully. Do not run after good things, as it is all about human efforts that will drive good things to fall into the hands of the person.

Law of Average

The author writes, 'It is important to break worry before worry breaks people'. He explains that every problem is not as big as a man thinks. Sometimes, people value more than they deserve to be valued. To let things go is primarily a sign of a wise man, and to focus on finding a solution to worry is of supreme importance. All such initiatives unlock the great constructive dealings that result in letting go of what a person has and allowing him to receive what he needs. Carnegie invites his readers to develop the analytical power of thinking by closely examining all past events and thinking about them consciously. That is called the law of average. It states that you think and decide what you are thinking about if there is any possibility of it occurring in the future, too. Nature ensures chances for man, and a man has complete authority over his choices and values. This makes man believe that the finest weapon against worry is to choose cleverly one thought over another. Worry is natural, but controlling it is in man's hands; therefore, it is better to get yourself busy when worry is controlling you.

*For every alignment under the sun,
There is a remedy, or there is none,
If there be one, try to find it; If there be none, never mind it.*

Acceptance of Inevitable

Most people in the world need to be more cooperative towards inevitable events. This attitude brings the ruins nothing else. In this modern world and materialistic too, stress is trash, and people generate it. The only cure is you. That is nothing but develop control over emotions before they overtake your life.

The brave is the one who has the courage and zeal to stop standing against the inevitable. It is all about human willpower. As William James states, 'acceptance of what happened is the basic step to overcome the consequences of worries'. Acceptance is the first step, and it is a difficult one, too, but to be willing to have it is fundamentally more important. There is no significance in crying over spilled milk. What is gone is of no importance. Just accept and be cooperative with the inevitable. Jack Dempsey states, 'The best is to forget the past and throw yourself into the things you are greatly interested in, and forget to worry'.

Human Commitments and Self-improvement

As we proceed, we find that Carnegie speaks about the commitments and how human intelligence plays a part in executing those made intelligently to avoid loss. Additionally, he guides us to be open people, leading to a much easier life. He also points out that Man is often worried about the absent things, and they need to value the existing opportunities. Subsequently, worrying is worthless, and it will not work to get one's problem solved. It is useless to see the sawdust, but finding a way to solve the problem is necessary. It is noticed that the writer correlates fatigue with worry. He suggests that the readers relax before they get tired. This highlights that fear fatigue tends to progress worries. So, there is a need to relax for some time mildly. Priority, it is best to let go and start over. No one in the universe can resist you. Man is not supposed to take control of events out of human control; rather, he thinks about the possibilities that can add sugar to life.

The book gives strong justifications for self-improvement and control, depicting that the most precious thing is to keep doing what one is doing; others will take care of their part. One must avoid what people are doing around you. It would help if you did not manipulate the things. Try not to control the things that are out of your reach. Keep on track and do what you want; this will banish worry. The freedom of mind is the real freedom that allows the person to realize and then work on the purpose of his existence.

No expectations and Reaction to Criticism

The author urges his readers to pay gratitude that they are alive instead of having and getting all the things they must feel happy with what they have and think about what they can do now. Dale teaches how to build good habits and kill bad ones to overcome worry. An attempt to do various works should be decided according to their respective importance.

He values organizing and supervising the things that are around us. To find opportunities and avail of them is the sign of being an optimist man. Man can only progress once he cares about the views of people and what they say about them. Carnegie tells us how to face criticism simply by passing smiley gestures to those who make us feel low and by not crowding their comments in the mind, which may divert concentration; take criticism lightly and smile. One must recall all past events, analyze what foolish acts they have done previously, and constructively take the criticism because it will be helpful for self-improvement.

Prayers and Worries

By keeping an eye on religion, Carnegie believes prayers are the true remedy for banishing all human worries, restless situations, troubles and other challenging conditions.

Heaven or Hell

Our life is what our thoughts make it. These eight words can be life-transforming for people, making a hellish world inside their minds. In other words, a person's mental attitude towards any situation is the actual reason for feeling what he is not. On the contrary, William James made an observation; 'actions seem to follow feelings, but really action and feeling go together, and, by monitoring the action, which is under the more direct control of the will, we can indirectly monitor the feeling, which is not'. One has to eliminate the fear of loss, the fear of facing evil, the fear of accepting the truth and, more importantly fear of losing yourself. Carnegie beautifully portrays that fight for no one but for your own happiness, your peace of mind, your creativity and your cheerfulness of mind and soul. To get even with enemies symbolizes that a person is giving much worth to the people he dislikes; there is a need to cultivate a mental attitude that will automatically result in cheerfulness and peace.

Do not Get Even with Enemies

Dale proposes that if one is always thinking about his enemies purposelessly, he will not harm them but himself, and there will be nothing productive for him. So it is good to let them and never waste a second to think about such people. Humans have complained about minute things or incidents or what they have. On Earth, Man is not supposed to expect gratitude from people, but his only purpose must be to help and be kind to others without any interest because happiness lies in giving, not expecting gratitude. Man is born with ingratitude. You are in the universe to be thankful for what you have. For instance, you are alive, breathing, eating, and walking on your feet, and you are bestowed with each and everything that other people do not have, so expect gratitude from yourselves, not from people around you.

Be Yourself

Alexander Pope, the famous English writer, says, 'Know thy self', so Emerson, the well-known American author, writes in his famous essay 'Self Reliance'. Every Man is blessed with different talents. This tends to believe that we all are different from each other; imitation is a useless thing. To be yourself and know your being is of supreme significance. Whenever there is trouble in life, do not think about the problem. Just try to make lemonade from lemon. Because worries empty the current day, it has nothing to do with the past or future.

Closing

In the end part, Carnegie presents how to kill melancholy in fourteen days; he summons the readers to think about others with love and kindness and feel the pain of others so that they can forget yours. To provide helping hands to those suffering from different life incidents. So that you can see the real world where you are breathing in, in the last chapter, Dale Carnegie alerts the reader before making two important decisions in life: the first one is to think before selecting work for yourself, and the next one is to think before choosing a life partner, do not only think of her/him as your spouse but more specifically as mother or father of your children. According to him, it is a misconception to think that one is only fitted for a single occupation; instead, Man is blessed with multiple talents and capabilities to explore and put into practice.

Conclusion

In this masterpiece, Dale Carnegie has introduced many practical formulas and solutions that can cure the mental health of many victims of depression and stress. All such people with nervous breakdowns can read this book and act on its teachings to fight worries and start to live life

happily. The classical work marvelously provides details on how to stop worrying and start living by authentic research, justification, analytical reasoning, logical illustrations and artistic regulation of all human actions. To make his work valid, Carnegie writes real-life examples that show his sincere attempt to help worried people. This book includes techniques for getting out of worries and welcoming prosperity warmly. It ensures rebirth for those innocent souls hiding their faces to feel any guilt or self-pity. It also enlists a real world of experiencing troubles and finding solutions. Not only this, but this creation of the author opens a new journey in which the development of constructive thinking occurs that reframes people's lives. It makes the readers feel confident that the past is not a prison but a lifelong lesson for him. It greatly summarizes the value of the present moment by subtracting past and future. The book's main target is to prepare his readers to control their emotions and let all their worries disappear. It draws the readers' attention to refocus on the happiness, joy, and cheerfulness of every moment of the present day and feel contentment. Last but not least, this piece of writing has lifelong lessons, formulas, solutions, and cognitive relations, and, more importantly, it also plays a key role in spiritual awakening. Therefore, this book is a true representation of conquering worries.

Recommendations

This book is recommended for those looking forward to kicking a start to enter into a living that determines the worth of the present. It is also endorsed for mentally disturbed and worried people about solutions to their unruly problems. The one who wants to go the extra mile to kill worries and is willing to head over heels with life as it is going on.