

# HOW TO STOP WORRYING AND START LIVING EFFECTIVELY IN THE 21ST CENTURY



AN UPDATED GUIDE TO  
LIVING FREE OF WORRY  
IN THE KNOWLEDGE ERA

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# Table Of Contents

Forward

Chapter 1:  
Ten actions

Chapter 2:  
What is Worry?

Chapter 3:  
Reduce Worry

Chapter 4:  
Recognizing Worry is Within Yourself

Chapter 5:  
15 Things That You Can Do Without  
Worry

Chapter 6:  
What Worry Can Do

Chapter 7:  
Beating Financial Worries

Chapter 8:  
Using Yoga

Wrapping Up

## Foreword

Are you constantly worrying about everything? Most people worry mostly about relationships, finances, your parents, children, job, school, and everything. Sometimes, not even realizing it? Well do your negative thoughts take control of your mind and drive you absolutely crazy? Most people's worries do. But, there are a few things you have to think about and do in order to get your thoughts back on track. So, in this book, I'm going to share these things with all of you and hopefully, they can help you get those positive thoughts back in your brain too.



# Chapter 1:

## *Ten Actions*

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In the process of gaining an education, we learn about many crucial subjects such as math, science, and history. I trust our educations should also present ideas that help us evolve into the best people we can become. To accomplish our potential, we need values and attributes that enrich our lives and the lives of others. These qualities, the result of our inner development, will allow us to mature emotionally and spiritually.

- Balance
- Faith
- Forgiveness
- Honesty and Integrity
- Interpersonal Skills
- Love
- Motivation
- Perseverance
- Responsibility
- Self confidence