

How to Stop Worrying and Start Living for the common man and woman. 060416

Author:

Brian Hayden Boyett BS
Entrepreneur, inventor, writer and musician.

I have learned to love life and I wish to be happy and peaceful in all venues and I wish to teach you techniques to love life and live in peace and not worry.

A useful tool I have found to learn to love life – live with peace in all venues and to stop worrying is a book titled How to Stop Worrying and Start Living written by Dale Carnegie.

The purpose of my living document is to discuss the principles taught in Dale Carnegie's book How to Stop Worrying and Start Living and teach you how to apply these Fast so you can love life and live at peace in all venues and stop worrying.

Preface: How this book was written and Why 1

I manage my family's 50 year old company. We now are fortunate to employ 11 full time employees (two part-time) and we serve 6,350 consumers that rent our products. I am the founder of a music movement called Fast Track Musical instrument and voice utilization program (we teach people how to learn musical instruments and sing – quickly; and create a sustainable and rewarding venue for each individual by using their acquired musical talents). Our success is driven by the fundamental concept: you must be a woman or man of great courage and you must be unselfish.

I had to learn principles to not worry - love life and live with peace in all situations. With success and achievement comes worry. By applying these principles I look forward to new adventures and challenges in a way that inspires new development and advancement. I will teach you and show you how to apply these principles to your life.

I once heard a wealthy man and woman is a person that wakes up every day and is thankful for what we have. I will teach you to be wealthy and to live in this abundance each day.

In Dale Carnegie's book he points out that half of our hospital beds are occupied by people with nervous and emotional problems. 1

At the time Dale Carnegie wrote his book (1) he mentioned that there were very few books on the subject of worry. Dale decided to write a book that would fit his needs for a

popular class he was teaching at YMCA. Teaching and writing were great talents of Dale Carnegie.

Dale Carnegie utilized his classes as a laboratory to test theories of worry. He gave his students assignments (over a five year period) and asked them to return to class and share their experiences.

Here is an excerpt from Dale Carnegie's book:

....This is what we did. We gave students a set of rules on how to stop worrying and asked them to apply these rules in their own lives and then talk to the class on the results they had obtained. Others reported on techniques they had used in the past. As a result of this experience, I presume I have listened to more talks on "How I Conquered Worry" than has any other individual who ever walked this earth. In addition, I read hundreds of other talks on "How I Conquered Worry" – talks that were sent to me by mail – talks that had won prizes in our classes that are held throughout the world...

....."Science," said the French philosopher Valery, "is the collection of successful recipes." That is what this book is: a collection of successful and time-tested recipes to rid our lives of worry..... 1

Nine suggestions on how to get the most out of this book (paraphrased) 1

1. A deep, driving desire to learn, a vigorous determination to stop worrying and start living.
2. Read each chapter rapidly at first to get a birds-eye view of it. Then go back and reread each chapter thoroughly.
3. Stop frequently in your reading to think over what you are reading. Ask yourself when and how you can apply each suggestion.
4. Read with a pen in your hand (or open a word document to take notes 'cut and paste into your crib notes') and when you come across a suggestion you can utilize – take action to make a note of this idea.

5....The rapidity with which we forget is astonishing.....1

....So, if you want to get a real, lasting benefit out of this book, don't imagine that skimming through it once will suffice. After reading it thoroughly, you ought to spend a few hours reviewing it every month. Keep it on your desk in front of you every day. Glance through it often. Keep constantly impressing yourself with the rich possibilities for improvement that still lie in the offing. Remember that the use of these principles can be made habitual and unconscious only by a constant and vigorous campaign of review and application. There is no other way.....1

6. Don't you just read this material: put these useful principles into action. Develop experiments in your own life. Test the usefulness of this information. Take

courage, be unselfish and take action. If you will – your life will change for the better; and the lives of those around you (their lives will change too). Share this information with others. According to Andrew Carnegie in his book ‘How to Win Friends and influence people: “Only knowledge that is used sticks in your mind”.

1

Andrew Carnegie went on to say:So as you read this book, remember that you are not merely trying to acquire information. You are attempting to form new habits. Ah yes, you are attempting a new way of life. That will require time and persistence and daily application.

Andrew Carnegie goes on to say this:refer to these pages often. Regard this as a working handbook on conquering worry; and when you are confronted with some trying problem – don’t get all stirred up. Don’t do the natural thing, the impulsive thing. That is usually wrong. Instead, turn to these pages and review the paragraphs you have underscored. Then try these new ways and watch them achieve magic for you. 1

061216 6:53 PM +17 (6350), Mesa AZ

This is what I say. I advocate this principle of Andrew Carnegie (refer to these pages often). I recommend you begin a journal and record your ideas to aggrandize these concepts. This is the very principle of *How to Win Friends and Influence People* for the common man and woman. This is the book I am writing for you today. This is a living historical document; a work in progress. I wish for you to join with me today to make this idea stronger. As long as I live and am willing and ready I can add your ideas to this document. Please share with me the concepts that are useful to you (and the stories of your experiences and success ‘in great detail’). I hope someone will continue this when I can no longer take interest or lose my facilities. Please share your thoughts with me at hayden@azh2o.com or text me (602) 291-4157. I will give everyone permission to share my material with only this limitation: there is no monetary exchange. I wish for this useful information to be free to everyone.

7. Andrew Carnegie says this: Offer you family members a quarter every time they catch you violating one of the principles advocated in this book. They will break you! 1
8. Please go now to the appendix of this book and **read how the Wall Street banker, H. P. Howell, and old Ben Franklin corrected their mistakes.** Why don’t you use the Howell and Franklin techniques to check up on your application of the principles discussed in this book? If you do, two things will result.

First, you will find yourself engaged in an educational process that is both intriguing and priceless.

Second, you will find that your ability to stop worrying and start living will grow and spread like a green bay tree. 1

9. Keep a diary – a diary in which you ought to record your triumphs in the application of these principles. Be specific. Give names, dates, results. Keeping such a record will inspire you to greater efforts; and how fascinating these entries will be when you chance upon them some evening, years from now! 1

This is how my living historical document has begun. I am making these crib notes so I can refer to the principles discussed here often. By writing my story around Dale Carnegie's story and adding ideas and pedagogy to his work; these concepts become more meaningful to me. I encourage you to do the same.

In a Nutshell

Nine Suggestions on How to Get the Most Out of This Book

1. Develop a deep, driving desire to master the principles of conquering worry.
2. Read each chapter twice before going on to the next one.
3. As you read, stop frequently to ask yourself how you can apply each suggestion.
4. Underscore each important idea.
5. Review this book each month.
6. Apply these principles at every opportunity. Use this volume as a working handbook to help you solve your daily problems.
7. Make a lively game out of your learning by offering some friend a quarter every time you are caught violating one of these principles.
8. Check up each week on the progress you are making. Ask yourself what mistakes you have made, what improvement, what lessons you have learned for the future.
9. Keep a diary on your laptop or electronic device showing how and when you have applied these principles. (all of the above sourced to 1)
10. develop experiments for you to make this behavior change fun and exciting. If we change and improve ourselves 1% each day in everything we do – we won't be just 365% better in one year; the improvement may be cataclysmic (it may be a 1000% improvement). I challenge you to begin now.

Part One: Fundamental Facts You Should Know About Worry 1

1. Live in "Day-tight Compartments" 1

It the spring of 1871, a young man picked up a book and read twenty-one words that had a profound effect on his future. A medical student at the Montreal General Hospital, was worried about passing the final examination, worried about what to do, where to go, how to build up a practice, how to make a living. 1

The twenty-one words that this young medical student read in 1871 helped him to become the most famous physician of his generation. He organized the world-famous John Hopkins School of Medicine. He became Regius Professor of Medicine at Oxford-the highest honor that can be bestowed upon any medical man in the British Empire. He

was knighted by the King of England. When he died, two huge volumes containing 1466 pages were required to tell the story of his life. 1

His name is Sir William Osler. Here are the twenty-one words that he read in the Spring of 1871 –twenty one words from Thomas Carlyle that helped him lead a life free from worry: “Our main business is not to see what lies dimly at a distance, but to do what lies clearly at hand.” 1

Forty-two years later, on a soft spring night when the tulips were blooming on the campus, this man, Sir William Osler, addressed the students of Yale University. He told those Yale students that a man like himself who had been a professor in four universities and had written a popular book was suppose to have “brains of a special quality.” He declared that that was untrue. He said that his intimate friends knew that his brains were “of the most mediocre character.” 1

070216 1:11 AM Soil Works (a purpose for our effluent)

What, then, was the secret of his success? He stated that it was owing to what he called living in “day-tight compartments.” What did he mean by that? A few months before he spoke at Yale, Sir William Osler had crossed the Atlantic on a great ocean liner where the captain, standing on the bridge, could press a button and – presto! – there was a clanging of machinery and various parts of the ship were immediately shut off from one another – shut off into watertight compartments. “Now each one of you,” Dr. Osler said to those Yale students, “is a much more marvelous organization than the great liner, and bound on a longer voyage. What I urge is that you so learn to control the machinery as to live with ‘day-tight compartments’ as the most certain way to ensure safety on the voyage. Get on the bridge, and see that at least the great bulkheads are in working order. Touch a button and hear, at every level of your life, the iron doors shutting out the Past- the dead yesterdays. Touch another and shut off, with a metal curtain, the Future – the unborn tomorrows. Then you are safe – safe for today!....Shut off the past! Let the dead past bury its dead.... Shut out the yesterdays which have lighted fools the way to dusty death.... The load of tomorrow, added to that of yesterday, carried today, makes the strongest falter. Shut off the future as tightly as the past... The future is today....There is no tomorrow. The day of man’s salvation is now. Waste of energy, mental distress, nervous worries dog the steps of a man who is anxious about the future... Shut close, then, the great fore and anxious about the future...Shut close, then, the great fore and aft bulkheads, and prepare to cultivate the habit of a life of ‘day-tight compartments.’ ” 1

Did Dr. Osler mean to say that we should not make any effort to prepare for tomorrow? No. Not at all. But he did go on in that address to say that the best possible way to prepare for tomorrow is to concentrate with all your intelligence, all your enthusiasm, on doing today’s work superbly today. That is the only possible way you can prepare for the future. 1

Sir William Osler urged the students at Yale to begin the day with Christ’s prayer “Give us this day our daily bread.” 1

Remember that that prayer asks only for today's bread. It doesn't complain about the stale bread we had to eat yesterday; and it doesn't say: "Oh, God, it has been pretty dry out in the wheat belt lately and we may have another drought – and then how will I get bread to eat next fall – or suppose I lose my job – oh, God, how could I get bread then?"
1

No, this prayer teaches us to ask for today's bread only. Today's bread is the only kind of bread you can possibly eat. 1

Years ago, a penniless philosopher was wandering through a stony country where the people had a hard time making a living. One day a crowd gathered about him on a hill, and he gave what is probably the most-quoted speech ever delivered anywhere at any time. This speech contains twenty-six words that have gone ringing down across the centuries: "Take therefore no thought for the morrow; for the morrow shall take thought for the things) of itself. Sufficient unto the day is the evil thereof." 1

Many men have rejected those words of Jesus: "Take no thought for the morrow." They have rejected those words as a counsel of perfection, as a bit of mysticism "I must take thought for morrow," they say. "I must take out insurance to protect my family. I must lay aside money for my old age. I must plan and prepare to get ahead." 1

Right! Of course you must. The truth is that those words of Jesus, translated over three hundred years ago, don't mean today what they meant during the reign of King James. Three hundred years ago the word thought frequently meant anxiety. Modern versions of the Bible quote Jesus more accurately as saying: "Have no anxiety for the tomorrow." 1

By all means take thought for the tomorrow, yes, careful thought and planning and preparation. But have no anxiety. 1

During the Second World War, our military leaders planned for the morrow, but they could not afford to have any anxiety. "I have supplied the best men with the best equipment we have," said Admiral Ernst J. King, who directed the United States Navy, "and have given them what seems to be the wisest mission. That is all I can do. 1

070216 12 NOON by the pool at V's with Georgia, Honey and Hawkeye

"If a ship has been sunk," Admiral King went on, "I can't bring it up. If it is going to be sunk, I can't stop it. I can use my time much better working on tomorrow's problem than by fretting about yesterday's. Besides, if I let those things get me, I wouldn't last long."
1

Whether in war or peace, the chief difference between good thinking and bad thinking is this: good thinking deals with causes and effects and leads to logical, constructive planning; bad thinking frequently leads to tension and nervous breakdowns. 1

I had the privilege of interviewing Arthur Hays Sulzberger, publisher (1935-1961) of one of the most famous newspapers in the world, The New York Times. Mr. Sulzberger told me that when the Second World War flamed across Europe, he was so stunned so worried about the future, that he found it almost impossible to sleep. He would frequently get out of bed in the middle of the night, take some canvas and tubes of paint, look in the mirror, and try to paint a portrait of himself. He didn't know anything about painting, but he painted anyway, to get his mind off his worries. Mr. Sulzberger told me that he was never able to banish his worries and find peace until he had adopted as his motto five words from a church hymn: One step enough for me. 1

Lead, kindly Light...

Keep thou my feet: I do not ask to see

The distant scene; one step enough for me. 1

At about the same time, a young man in uniform – somewhere in Europe – was learning the same lesson. His name was Ted Bengermينو, of Baltimore, Maryland – and he had worried himself into a first-class case of combat fatigue. 1

“In April, 1945,” wrote Ted Bengermينو, “I had worried until I had developed what doctors call a ‘spasmodic transverse colon’ – a condition that produced intense pain. If the war hadn't ended when it did, I am sure I would have had a complete physical breakdown. 1

“I was utterly exhausted. I was a Graves Registration, non-commissioned Officer for the 94th Infantry Division. My work was to help set up and maintain records of all men killed in action, mission in action, and hospitalized. I also had to help set up and maintain records of all men killed in action, missing in action, and hospitalized. I also had to help disinter the bodies of both Allied and enemy soldiers who had been killed and hastily buried in shallow graves during the pitch of battle. I had to gather up the personal effects of these men and see that they were sent back to parents or closest relatives who would prize these personal effects so much. I was constantly worried for fear we might be making embarrassing and serious mistakes. I was worried about whether or not I would come through all this. I was worried about whether I would live to hold my only child in my arms – a son of sixteen months, whom I had never seen. I was so worried and exhausted that I lost thirty-four pounds. I was so frantic that I was almost out of my mind. I looked at my hands. They were hardly more than skin and bones. I was terrified at the thought of going home a physical wreck. I broke down and sobbed like a child. I was so shaken that tears welled up every time I was alone. There was one period soon after the Battle of the Bulge started that I wept so often that I almost gave up hope of ever being a normal human being again. 1

070316 6:01 PM 1 hour on elliptical; lifting weights sunbathing and swam five laps in V's small pool.

“I ended up in an Army dispensary. An Army doctor gave me some advice which has completely changed my life. After giving me a thorough physical examination, he

informed me that my life as an hourglass. You know there are thousands of grains of sand in the top of the hourglass; and they all pass slowly and evenly through the narrow neck in the middle. Nothing you and I could do would make more than one grain of sand pass through this narrow neck without impairing the hourglass. You and I and everyone else are like this hourglass. When we start in the morning, there are hundreds of tasks which we feel that we must accomplish that day, but if we do not take them one at a time and let them pass through the day slowly and evenly, as do the grains of sand passing through the narrow neck of the hourglass then we are bound to break our own physical or mental structure.’ 1

“ I have practiced that philosophy ever since that memorable day that an Army doctor gave it to me. “One grain of sand at a time...One task at a time.’ That advice saved me physically and mentally during the war, and it has also helped me in my present position of Public Relations and Advertising Director for the Adcrafters Printing & Offset Col, Inc. I found the same problems arising in business that had arisen during the war: a score of things had to be done at once – and there was little time to do them. We were low in stocks. We had new forms to handle, new stock arrangements, changes of address, opening and closing offices, and so on. Instead of getting taut and nervous. I remembered what the doctor had told me. “one grain of sand at a time. One task at a time.’ By repeating those words to myself over and over, I accomplished my task in a more efficient manner and I did my work without the confused and jumbled feeling that had almost wrecked me on the battlefield.” 1

One of the most appalling comments on our preset way of life is that at one time half of all the beds in our hospitals were reserved for patients with nervous and mental troubles, patients who had collapsed under the crushing burden of accumulated yesterdays and fearful tomorrows. Yet a vast majority of those people could have avoided those hospitals – could have led happy, useful lives – if they had only heeded the words of Jesus: “Have no anxiety about the morrow”; or the words of Sir William Osler: “Live in day-tight compartments.” 1

You and I are standing this very second in the meeting place of two eternities: the vast past that has endured forever, and the future that is plunging on the last syllable of recorded time. We can’t possibly live in either of those eternities – no, not even for one split second. But, by trying to do so we can wreck both our bodies and our minds. So let’s be content to live the only time we can possibly live: for now until bedtime. “Anyone can carry his burden, however hard, until nightfall,” wrote Robert Louis Stevenson. “Anyone can do his work, however hard, for one day. Anyone can live sweetly, patiently, lovingly, purely, till the sun goes down. And this is all the life really means.” 1

Yes, that is all the life requires of us: but Mrs. E.K. Shields, of Saginaw, Michigan, was driven to despair – even to the brink of suicide – before she learned to live just till bedtime. “In 1937, I lost my husband,” Mrs. Shields said as she told me her story. “I was very depressed – and almost penniless. I wrote my former employer, Mr. Leon Roach, of the Roach-Fowler Company of Kansas City, and got my old job back. I had

formerly made my living selling World Books to rural and town school boards. I had my car two years previously when my husband became ill; but I managed to scrape together enough money to put a down payment on a used car and started out to sell books again. 1

“I had thought that getting back on the road would help relieve my depression; but driving alone and eating alone was almost more than I could take. Some of the territory was not very productive, and I found it hard to make those car payments, small as they were. 1

“In the spring of 1938, I was working out of Versailles, Missouri. The schools were poor, the roads bad; I was so lonely and discouraged that at one time I even considered suicide. It seemed that success was impossible. I had nothing to live for. I dreaded getting up each morning and facing life. I was afraid of everything: afraid I could not meet the car payments; afraid I could not pay my room rent; afraid I would not have enough to eat. I was afraid my health was failing and I had no money for a doctor. All that kept me from suicide were the thoughts that my sister would be deeply grieved, and that I did not have enough money to pay my funeral expenses. 1

“Then one day I read an article that lifted me out of my despondence and gave me the courage to go on living. I shall never cease to be grateful for one inspiring sentence in that article. It said: “**Everyday is a new life to a wise man.**’ I typed that sentence out and pasted it on the windshield of my car, where I saw it every minute I was driving. I found it wasn’t so hard to live only one day at a time. I learned to forget the yesterdays and to not think of the tomorrows. Each morning I said to myself, ‘Today is a new life.’ 1

“I have succeeded in overcoming my fear of loneliness, my fear of want. I am happy and fairly successful now and have a lot of enthusiasm and love for life. I know now that I shall never again be afraid, regardless of what life hands me. I know now that I don’t have to fear the future. I know now that I can live one day at a time – and that ‘Every day is anew life to a wise man.’ “

Who do you suppose wrote this verse:

Happy the man, and happy he alone, He, who can call to –day his own:

He who, secure with, can say:

“To-morrow, do thy worst, for I have liv’d to-day”

071016 6:55 PM in the middle of a 1 hour work out. One of the best investments you can make in yourself – work out. I wish I did it more.

Those words sound modern, don’t they? Yet they were written thirty years before Christ was born, by the Roman poet Horace. 1

One of the most tragic things I know about human nature is that all of us tend to put off living. We are all dreaming of some magical rose garden over the horizon-instead of enjoying the roses that are blooming outside our windows today. 1

Why are we such fools – such tragic fools? 1

“How strange it is, our little procession of life!” wrote Stephen Leacock. “The child says, ‘When I am a big boy.’ But what is that? The big boy says, ‘When I grow up.’ And then, grown up, he says, ‘When I get married.’ But to be married, what is that after all? The thought changes to ‘When I’m able to retire.’ And then, when retirement comes, he looks back over the landscape traversed; a cold wind seems to sweep over it; somehow he has missed it all, and it is gone. Life, we learn too late, is in the living, in the tissue of every day and hour.” 1

The late Edward S. Evans of Detroit almost killed himself with worry before he learned that life “is in the living, in the tissue of every day and hour.” Brought up in poverty, Edward Evans made his first money by selling newspapers, then worked as a grocer’s clerk. Later, with seven people dependent upon him for bread and butter, he got a job as an assistant librarian. Small as the pay was, he was afraid to quit. Eight years passed before he could summon up the courage to start out on his own. But once he started, he built up an original investment of fifty-five borrowed dollars into a business of his own that made him twenty thousand dollars a year. Then came a frost, a killing frost. He endorsed a big note for a friend – and the friend went bankrupt. Quickly on top of that disaster came another: the bank in which he had all his money collapsed. He not only lost every cent he had, but was plunged into debt for sixteen thousand dollars. His nerves couldn’t take it. “I couldn’t sleep or eat,” he told me. “I became strangely ill. Worry and nothing but worry,” he said “brought on this illness. One day as I was walking down the street, I fainted and fell on the sidewalk. I was no longer able to walk. I was put to bed and my body broke out in boils. These boils turned inward until just lying in bed was agony. I grew weaker every day. Finally my doctor told me that I had only two more weeks to live. I was shocked. I drew up my will, and then lay back in bed to await my end. No use now to struggle or worry. I gave up, relaxed, and went to sleep. I hadn’t slept two hours in succession for weeks; but now with my earthly problems drawing to an end, I slept like a baby. My exhausting weariness began to disappear. My appetite returned. I gained weight. 1

“A few weeks later, I was able to walk with crutches. Six weeks later, I was able to go back to work. I had been making twenty thousand dollars a year; but I was glad now to get a job for thirty dollars a week. I got a job selling blocks to put behind the wheels of automobiles when they are shipped by freight. I had learned my lesson now. No more worry for me – no more regret about what had happened in the past – no more dread of the future. I concerned all my time, energy, and enthusiasm into selling those blocks.” 1

Edward S Evans shot up fast now. In a few years, he was president of the company – the Evans Products Company. It has been listed on the New York Stock Exchange for years. If you ever fly over Greenland you may land on Evans Field – a flying field named in his

honor. Yet Edward S Evans never would have achieved these victories if he hadn't learned to live in day-tight compartments. 1

You will recall that the White Queen said: "The rule is jam tomorrow and jam yesterday but never jam today." Most of us are like that – stewing about yesterday's jam and worrying about tomorrow's jam – instead of spreading today's jam thick on our bread right now. 1

Even the great French philosopher, Montaigne, made that mistake. "My life," he said, "has been full of terrible misfortunes most of which never happened." So has mine – so has yours. 1

"Think," said Dante, "that this day will never dawn again." Life is slipping away with incredible speed. We are racing through space at the rate of nineteen miles every second. Today is our most precious possession. It is our only sure possession. 1

A thought from Brian Hayden Boyett:

I have used this material to stop working on Sundays. Since my father died December 24, 2009 I have worked most Sundays 'several hours' to get ahead for the next week. By studying this material I suddenly realized that I will someday look back and realize my Sundays could have been invested better. As I selected the three books I will read during my workout I said to myself 'these next 16 years will go by fast'. I must learn to enjoy every moment. By recording my dates and activities; and keeping a journal: this helps me track the successes and victories and helps me remember the accomplishments. These techniques also help me dream. I am currently utilizing this book editing project to drive my work outs. I keep this book and editing material in Vs workout room. My reward for completing 'or interrupting a workout' is to type this information to share with you. It is working well.

This is the philosophy of Lowell Thomas. I recently spent a weekend at his farm; and I noticed that he had these words from Psalm CXVIII framed and hanging on the walls of his broadcasting studio where he would see them often:

This is the day which the Lord hath made; we will rejoice and be glad in it.

The writer John Ruskin had on his desk a simple piece of stone on which was carved one word: TODAY. And while I haven't a piece of stone on my desk, I do have a poem pasted on my mirror where I can see it when I shave every morning – a poem that Sir William Osler always keep on his desk – a poem written by the famous Indian dramatist, Kalidasa:

Salutation to the Dawn

Look to this day!
For it is life, the very life of life.
In its brief course

Lie all the verities and realities of your existence:
The bliss of growth
The glory of action
The splendor of beauty,
For yesterday is but a dream
And tomorrow is only a vision,
But today well lived makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day!
Such is the salutation to the dawn.

So, the first thing you should know about worry is this: if you want to keep it out of your life, do what Sir William Osler did –

1. Shut the iron doors on the past and the future. Live in Day – tight Compartments.

Why not ask yourself these questions, and write down the answers?

1. Do I tend to put off living in the present in order to worry about the future, or to yearn for some “magical rose garden over the horizon”?
2. Do I sometimes embitter the present by regretting things that happen in the past – that are over and done with?
3. Do I get up in the morning determined to “Seize the day” – to get the utmost out of these twenty-four hours?
4. Can I get more out of life by “living in day-tight compartments”?
5. When shall I start to do this? Next week?Tomorrow? Today?

071716 7:17 PM +8 (6407) Just finished a 30 minute work out. I was inspired to work out so I can continue to edit this great work. This weekend I utilized these principles to deal with a very frustrating situation at a customer's house in Las Sendas, Mesa AZ. I also utilized the principle of responding to the problem right away and attacking the problem. I applied my most advanced processes and techniques to solve this problem. At the end of the day; this was not enough. Therefore, I am using the principle of ‘living in day tight compartments’ to accomplish great gains today in my personal life by making goal lists. I used the principle of ‘grains of sand in the hour glass’ to know that (even though I could not solve this problem today I cannot be crippled and distraught by worry – for the good of my people I must continue on ‘happy’): I met V at Harlow's Café, Tempe AZ and took my fiddle into the crowded restaurant to serenade Crystal with Happy Birthday. This took great courage and unselfishness. I knew once I accomplished this endeavor I would feel grateful that I took action. Crystal was very happy and this act set the pace for the rest of the day's success.

Chapter Two

A Magic Formula for Solving Worry Situations

Would you like a quick, sure-fire recipe for handling worry situations – a technique you can start using right away, before you go any further in reading this book? 1

Then let me tell you about this method worked out by Willis H. Carrier, the brilliant engineer who launched the air-conditioning industry, and who headed the world-famous Carrier Corporation, in Syracuse, New York. It is one of the best techniques I ever heard of for solving worry problems, and I got it from Mr. Carrier personally when we were having lunch together one day at the Engineers' Club in New York. 1

“When I was a young man,” Mr. Carrier said, “I worked for the Buffalo Forge Company in Buffalo, New York. I was handed the assignment of installing a gas-cleaning device in a plant of Pittsburgh Plate Glass Company at Crystal City, Missouri – a plant costing millions of dollars. The purpose of this installation was to remove the impurities from the gas so it could be burned without injuring the engines. This method of cleaning gas was new. It had been tried only once before – and under different conditions. In my work at Crystal City, Missouri, unforeseen difficulties arose. It worked after a fashion – but not well enough to meet the guarantee we had made. 1

“I was stunned by my failure. It was almost as if someone had struck me a blow on the head. My stomach, my insides, began to twist and turn. For a while I was so worried I couldn't sleep. 1

“Finally, common sense reminded me that worry wasn't getting me anywhere, so I figured out a way to handle my problem without worrying. It worked superbly. I have been using the same anti-worry technique for more than thirty years. It is simple. Anyone can use it. It consists of three steps:

“Step 1. I analyzed the situation fearlessly and honestly and figured out what was the worst that could possibly happen as a result of this failure. No one was going to jail me or shoot me. That was certain. True, there was also a chance that I would lose my position; and there was also a chance that my employers would have to remove the machinery and lose the twenty thousand dollars we had invested.

“Step 2. After figuring out what was the worst that could possibly happen, I reconciled myself to accepting it, if necessary. I said to myself: This failure will be a blow to my record, and it might possibly mean the loss of my job; but if it does, I can always get another position. Conditions could be much worse; and as far as my employers are concerned – well, they realize that we are experimenting with a new method of cleaning gas, and if this experience costs them twenty thousand dollars, they can stand it. They can charge it up to research, for it is an experiment.

“After discover the worst that could possibly happen and reconciling myself to accepting it, if necessary, an extremely important thing happened: I immediately relaxed and felt a sense of peace that I hadn't experienced in days.

“Step 3. From that time on, I calmly devoted my time and energy to trying to improve upon the worst which I had already accepted mentally.

“I now tried to figure out ways and means by which I might reduce the loss of twenty thousand dollars that we faced. I made several tests and finally figured out that if we spent another five thousand for additional equipment, our problem would be solved. We did this, and instead of the firm losing twenty thousand, we made fifteen thousand. 1

“I probably would never have been able to do this if I had kept on worrying, because one of the worst features about worrying is that it destroys our ability to concentrate. When we worry, our minds jump here and there and everywhere, and we lose all power of decision. However, when we force ourselves to face the worst and accept it mentally, we then eliminate all these vague imaginings and put ourselves in a position in which we are able to concentrate on our problem. 1

“This incident that I have related occurred many years ago. It worked so superbly that I have been using it ever since; and, as a result, my life has been almost completely free from worry.” 1

Now why is Willis H. Carrier’s magic formula so valuable and so practical, psychologically speaking? Because it yanks us down out of the great gray clouds in which we fumble around when we are blinded by worry. It plants our feet good and solid on the earth. We know where we stand. And if we haven’t sold ground under us, how in creation can we ever hope to think anything through? 1

Professor William James, the father of applied psychology, has been dead since 1910. But if he were alive today, and could hear this formula for facing the worst, he would heartily approve it. How do I know that? Because he told his own students: “Be willing to have it so...Be willing to have it so,” he said, because “...acceptance of what has happened is the first step in overcoming the consequences of any misfortune.” 1

The same idea was expressed by Lin Yu-tang in his widely read book, *The Importance of Living*. “True peace of mind,” said this Chinese philosopher, “comes from accepting the worst. Psychologically, I think, it means a release of energy.” 1

That’s it, exactly! “Psychologically, it means a new release of energy.” When we have accepted the worst, we have nothing more to lose. And that automatically means – we have everything to gain! “After facing the worst,” Willis H. Carrier reported, “I immediately relaxed and felt a sense of peace that I hadn’t experienced in days. From that time on, I was able to think.” 1

Makes sense, doesn’t it? Yet millions of people have wrecked their lives in angry turmoil, because they refused to accept the worst: refused to try to improve upon it; refused to salvage what they could from the wreck. Instead of trying to reconstruct their fortunes, they engaged in a bitter and “violent contest with experience” – and ended up victims of that brooding fixation known as melancholia. 1

Would you like to see how someone else adopted Willis H Carrier's magic formula and applied it to his own problem? Well, here is one example, from a New York oil dealer who was a student in my classes. 1

"I was being blackmailed!" this student began. "I didn't believe it was possible – I didn't believe it could happen outside of the movies – but I was actually being blackmailed! What happened was this: the oil company of which I was the head had a number of delivery trucks and a number of drivers. At that time war regulations were strictly in force, and we were rationed on the amount of oil we could deliver to any one of our customers. I didn't know it, but it seems that certain of our drivers had been delivering oil short to our regular customer, and then reselling the surplus to customer of their own. 1

"The first inkling I had of these illegitimate transactions was when a man who claimed to be a government inspector came to see me one day and demanded hush money. He had got documentary proof of what our drivers had been doing, and he threatened to turn this proof over to the District Attorney's office if I didn't cough up. 1

"I knew, of course, that I had nothing to worry about – personally, at least. But I also knew that the law says a firm is responsible for the actions of its employees. What's more, I knew that if the case came to court, and it was aired in the newspapers, the publicity would ruin my business. And I was proud of my business – it had been founded by my father twenty-four years before. 1

"I was so worried I was sick! I didn't eat or sleep for three days and nights. I kept going around in crazy circles. Should I pay the money – five thousand dollars – or should I tell this man to go ahead and do his damndest? Either way I tried to make up my mind, it ended in nightmare." 1

"Then, on Sunday night, I happened to pick up the booklet on How to Stop Worrying, which I have been given in my Carnegie class in public speaking. I started to read it, and came across the story of Wills H. Carrier. 'Face the worst,' it said. So I asked myself, 'What is the worst that can happen if I refuse to pay up, and these blackmailer turn their records over to the District Attorney?' 1

"The answer to that was: 'The ruin of my business – that's the worst that can happen. I can't go to jail. All that can happen is that I shall be ruined by the publicity.' 1.....

080716 +2 (6440); I transacted 10 rentals this weekend. I am utilizing this useful means of book review and publishing to drive my 40 minutes of weightlifting and elliptical exercise. The useful review of this information each time I feel is invaluable and helps me maintain a peaceful and a happy life.

100116 4:47 AM +50 (6535)

By utilizing the useful principles of this book my mind can be focused on adding value to my life and the lives of others. Within the last two weeks I have performed two impromptu concerts with my fiddle to honor my VIP's at birthday celebrations in restaurants (Brian Banicheck and Jing-an Shu). Here is how these short concerts take place: shortly after sitting down for a birthday dinner I excuse myself to presumably go to the restroom. I walk out to my vehicle and gain my fiddle (I always carry my instrument in my vehicle 'this is one of the informal rules of our Fast Track music organization'). I walk with my violin through the restaurant and pause about 50 feet from the table and I begin playing happy birthday as I walk up to the table. I play the Happy B day song in the traditional tempo and then I bluegrass this up a little for the next rendition. So far these concerts have been well received and I have not been asked to leave any establishment. I am happy to have this talent of sharing my music. Because of the principles which have learned and continue to learn 'how to stop worrying and begin living' I feel I have more mental and physical energy and confidence to take action and courage to utilize my talents to improve the lives of myself and people within my circle of influence.

..."I then said to myself, 'All right, the business is ruined. I accept that mentally, What happens next?' 1

"Well, with my business ruined, I would probably have to look for a job. That wasn't bad. I knew a lot about oil – there were several firms that might be glad to employ me... I began to feel better. The blue funk I had been in for three days and nights began to lift a little. My emotions calmed down... And to my astonishment, I was able to think. 1

"I was clearheaded enough now to face Step III – improve on the worst. As I thought of solutions, an entirely new angle presented itself to me. If I told my attorney the whole situation, he might find a way out which I hadn't thought of. I know it sounds stupid to say that this hadn't even occurred to me before – but of course I hadn't been thinking, I had only been worrying! I immediately made up my mind that I would see my attorney first thing ton the morning – and then I went to bed and slept like a log! 1

"How did it end? Well, the next morning my lawyer told me to go and see the District Attorney and tell him the truth. I did precisely that. When I finished I was astonished to hear the D.A say that this blackmail racket had been going on for months and that the man who claimed to be a 'government agent' was a crook wanted by the police. What a relief to hear all this after I had tormented myself for three days and nights wondering whether I SHOULD HAND OVER VIFE THOUSAND DOLLARS TO THIS PROFESSIONAL SWINDLER! 1

"This experience taught me a lasting lesson. Now, whenever I face a pressing problem that threatens to worry me, I give it what I call 'the old Willis H. Carrier formula.'" 1

If you think Willis H. Carrier had troubles – listen : You aint HEARD NOTHIN' YET. Here is the story of Earl P. Haney, of Winchester Massachusetts. Here is the story as he told it to me himself on November 17, 1948 , in the Hotel Statler in Boston. 1

“Back in the twenties, “ he said, “I was so worried that ulcers began eating the lining of my stomach. One night, I had a terrible hemorrhage. I was rushed to a hospital connected with the School of Medicine of Northwestern University of Chicago. My weight dropped from 175 pounds to 90 pounds. I was so ill I was warned not even to lift my hand. Three doctors, including a celebrated ulcer specialist, said my case was ‘incurable.’ I lived on alkaline powders and a tablespoonful of half milk and half cream every hour. A nurse put a rubber tube down into my stomach every night and morning and pumped out the contents. 1

“This went on for months.... Finally, I said to myself: ‘Look, here, Earl Haney, if you have nothing to look forward to except a lingering death, you might as well make the most of the little time you have left. You have always wanted to travel around the world before you die; so if you are every going to do it, you’ll have to do it now.’ 1

‘When I told my physicians I was going to travel around the world and pump out my own stomach twice a day, they were shocked. Impossible! They had never heard of such a thing. They warned me that if I started around the world, I would be buried at sea. “No, I won’t.’ I replied. ‘I have promised my relative that I will be buried in the family plot at Broken Bow, Nebraska. So I am going to take my casket with me.’ 1

“I arranged for a casket, put it aboard ship, and then made arrangements with the steamship company – in the event of my death – to put my corpse in a freezing compartment and keep it there till the liner returned home. I set out on my trip, imbued with the spirit of old Omar:

Ah, make the most of what we yet may spend,
Before we too into the Dust descend;
Dust into Dust, and under Dust, to lie,
Sans Wine, Sans Song, sans Singer, and – sans End! 1

“The moment I boarded the S.S. President Adams in Los Angeles and headed for the Orient, I felt better. I gradually gave up my alkaline powders and my stomach pump. I was soon eating all kinds of foods – even strange native mixtures and concoctions that were guaranteed to kill me. As the weeks went by, I even smoked long, black cigars and drank highballs. I enjoyed myself more that I had in years! We ran into monsoons and typhoons which should have put me in my casket, if only from fright – but I got an enormous kick out of all this adventure. 1

“I played games aboard the ship, sang songs, made new friends, stayed up half the night. When we reached China and India, I realized that the business cares that I had faced back home were paradise compared to the poverty and hunger in the Orient. I stopped

Appendix:

061916 9:14 AM Hotel Congress, Tucson AZ Underwear party (an annual event)
read how the Wall Street banker, H. P. Howell, and old Ben Franklin corrected their mistakes

Let me tell you about a man I knew who was an artist when it came to self-appraisal and self-management. His name was H.P Howell. When the news of his sudden death in the drugstore of the Hotel Ambassador in New York was flashed across the nation on July 31, 1944, Wall Street was shocked, for he was a leader in American finance – chairman of the board for the Commercial National Bank and Trust Company and a director of several large corporations. He grew up with little formal education, started out in life clerking at a country store, and later became credit manager for U.S Steel – and was on his way to position and power.

“For years I have kept an engagement book showing all the appointments I have during the day”. Mr. Howell told me when I asked him to explain the reason for his success. “My family never makes any plans for me on Saturday night, for my family knows that I devote a part of each Saturday evening to self-examination and review and appraisal of my work during the week. After dinner I go off by myself, open my engagement book, and think over all the interviews, discussions and meetings that have taken place since Monday morning. I ask myself: ‘What mistakes did I make that time?’ ‘What did I do that was right - and in what way could I have improved my performance?’ ‘What lessons can I learn from that experience?’ I sometimes find that this weekly review makes me very unhappy. Sometimes I am astonished by my own blunders. Of course, as the years have gone by, these blunders have become less frequent. This system of self-analysis continued year after year, has done more for me than anything I have ever attempted.” 1

This was written in Dale Carnegies book How to stop worrying and start living.

I performed a Google search: How did H.P Howell die? I found nothing about his death. I found one brief mention of his board membership and involvement in a bank. There was also a Google listing referencing Dale Carnegies book How to stop worrying and start living. I couldn't help but think this: this man may not have had a great impact on the world. Here is the vain side of my mind: I hope 100 years after I am gone; when you Google my name there are pages and pages of contributions; inventions, philanthropic endeavors (involving ideas and pedagogical contributions of music and business acumen and management); movements begun, movements continued (like our Fast Track Music movement) people helped and lives changed from process developments and products that improved our health and wealth. I would like to see industries improved because I was born. I would love to see many people get wealthy because of the words I type and the time I invest in their lives. I would love to see this world changed for the better because I was here. These are thoughts I have.

Here is another thought that came to my mind ‘about this H.P Howell story’: H.P Howell mentioned that his Saturday (self review) sometimes made him very unhappy. For me,

Saturday nights are a time of fun and party – I would never want to be involved in any activity that would make me sad or unhappy. I thought of a solution process that may improve this self analytical practice. Let's apply the principle of The One Minute Manager (find ourselves doing something right) to this process to affirm ourselves and lift ourselves up and find private accomplishments. Let's utilize this activity to build our confidence and give ourselves hope for a positive sustainable future.

Anthony Robbins (the Power guru; the take action man of the day) talks about one of the six human needs being: sense of accomplishment. I think that each one of us should look for ways to develop this in our lives. I am feeling a sense of accomplishment writing these words to you. I hope they will help you develop ideas to aggrandize your self worth and help you to develop skills to improve your self confidence.

01.26.16 8:45 PM

Maybe H.P Howell borrowed his idea from Ben Franklin. Only Franklin didn't wait until Saturday night. He gave himself a severe going-over every night. He discovered that he had thirteen serious faults. Here are three of them: wasting time, stewing around over trifles, arguing and contradicting people. Wise old Ben Franklin realized that, unless he eliminated these handicaps, he wasn't going to get very far. So he battled with one of his shortcomings every day for a week, and kept a record of who had won each day's slugging match. The next week, he would pick out another bad habit, put on the gloves, and when the bell rang he would come out of his corner fighting. Franklin kept up this battle with his faults every week for more than two years. 1

01.30.16 11:16 PM +47 (6407)

No wonder he became one of the best loved and most influential men this nation ever produced! 1

Sources:

1. How to Stop Worrying and Start Living written by Dale Carnegie

Glossary

Living document – is a document that can be updated at any time as life situations change and new knowledge is collected.