



day or two, but with constant practice and resilience, you will surely master them. To buttress further, we have got to understand that there are positives things we can pick around us and get to know people more by caring, loving and compassionate about others instead of us talking only about ourselves. Yes, it is really good to talk about yourself and express how you feel to others which is an omen that you are not an introvert or someone who doesn't like to talk to others. But, once it comes to us listening to others people's views and interest we seem to be dissatisfied in many ways; some may even show the kind of lackadaisical attitude that is uncouth towards others. You have to know that by listening to people you show true, sincere and genuine care to others wellbeing and not yours alone. Your empathy and utmost love will go a long way in making people feel you are really concerned about them not just talking about yourself more often than not. In the chosen books, what we find inspiring and intriguing about Carnegie's capsule advice, guidelines, principles and paracetamol solutions to life challenges is that it is generic and highly applicable to the vast majority of people, irrespective of socioeconomic status, political concern, cultural factor, disability condition, racial or ethnic background among other primordial factors. Obviously, the benefit of applying this guidelines and principles will vary depending on people's backgrounds, but for the vast majority of people, there should be some positive, non-zero benefit. That is what really counts. In fact, those who read the book will have the urge to keep the book such as "How to Win Friends and Influence People" on their desk as a constant reminder for them to keep applying the principles therein. Then a year a later or so, they can look back and see if they have developed into a better, solid and more fulfilled human beings. Such is the great impact of the book and others. However, it will be totally naive to say that by implementing these techniques, we will always get the outcome we desire. But the experience of most people shows that we are more likely to change attitudes, stop worrying over issues that we can simply overcome by taking actions, and start developing self confidence and influence people with these approaches than by not using these principles. Even if we increase our success by a mere 10%, we have become 10% more effective as leaders than we were before. With consistent practice, it will become even more natural to apply these principles every day, and soon we will be masters of the art of human relations. Some principles in the book, "How to win friends and influence People" are what we wish everyone inculcate in order to develop rapidly and be loved by many even albeit everyone cannot love you. The principles we have carefully highlighted in the book such as, don't criticize, condemn or complain; always give honest and sincere appreciation; and arouse in the other person an eager want. These principles are essential in human interaction and for relating with others, you will need to master them by heart and by repeated practice, you will surely learn them and they will be part and parcel of your life. For the book, "How to stop worrying and start living" you will learn how to break the worry habit and throw it away in the deep sea, now and forever! With Dale Carnegie's timeless advice in hand, it is a fact and not a farce that more than six million people have learned how to eliminate debilitating and devastating fear and worry from their lives and to embrace a worry-free future. In this classic work, "How to Stop Worrying and Start Living", Carnegie offers a set of practical formulas that you can put to work today and every time in your day to day activities. It is a book packed with a whole lot of lessons that will last a lifetime and make your lifetime happier as many have used it in the past and many are still making use of the same at the moment. With the book you will discover how to successfully apply the following to your life such as: Eliminate fifty percent of business worries immediately, Reduce financial worries, Avoid fatigue and keep looking young, Add one hour a day to your waking life and Find yourself and be yourself - remember there is no one else on earth like you! These and many more you will be able to learn from Dale Carnegie's book, "How to Stop Worrying and Start Living". It is suitable to read and easy to apply, "How to Stop Worrying and Start Living deals with fundamental emotions and life-changing ideas. There's no need to live with worry and anxiety that keep you from enjoying a full, active life! We shall enumerate on this in the subsequent chapters. In the book, "How to Develop Self-confidence and Influence People by Public Speaking" by Dale Carnegie, he wrote that many people are having difficulties with public speaking. As the introduction encourages readers to not feel ashamed about it, because some of the best speakers we have come to know these days had also experienced it before their success that we have come to cherish. To be able to overcome weakness in public speaking, Dale Carnegie mentioned 4 essential things before explaining things further; they are: Start with a strong and persistent desire, to know thoroughly what you are going to talk about, act confident, practice! practice! practice! The author also stated that most people who had difficulties in public speaking are caused by lack of confidence; that's why it's very important to develop confidence first and others piece of skills needed should follow. Thus, the book shares several things that helps build confidence while delivering speeches; such as the procedure of preparing a speech, how to improve your memory, how to deliver a good speech, how to open and close a talk, how to interest your audience, and also how to improve your diction. Yours sincerely, each part provides good and not so good examples that we can learn from. Many good ones came from famous people such as Abraham Lincoln and those examples are discussed and the author point out the things that are vital. In addition to what you can get to learn from this book is that there are awesome and excellent quotes in the book that will really motivates, titillates and give you the necessary impetus to your self-confidence and public speaking. The first one is a quote by Elbert Hubbard (p.86). We are only going to write a part of it, which says: "Picture in your mind the able, earnest, useful person you desire to be, and the thought you hold is hourly transforming you into that particular individual ... Thought is supreme. Preserve a right mental attitude-the attitude of courage, frankness and good cheer. To think rightly is to create. All things come through desire and every sincere prayer is answered. We become like that on which our hearts are fixed." The second is a quote by Anon (p.100) goes as such; "If you think you are beaten, you are. If you think you dare not, you don't. If you'd like to win, but think you can't it's almost a cinch you won't. Life battles don't always go to the stronger or faster man; But soon or late the man who wins is the one who thinks he can." We think the above quote is a very motivational, poetic and beautiful quote. When you keep reading it over and over and you will still get that same amazed feeling. From our perspective, there are many things to learn about public speaking from the book. It is almost feels like





