**How to Stop Worrying and Start Living**

What follows are Pat’s acronyms to remember the key points of Dale Carnegie’s book, “How to Stop Worrying and Start Living.”

G

Gold Standard - - Have a gold standard of what things are worth in terms of your life. Don’t get upset about things you should just forget... If you won’t remember this incident in 5 years, it’s not worth worrying about now.

P

Problem Analysis - - What is the cause of the problem? What are all possible solutions? What is the best solution? Get started implementing the best solution.

M

Milk - - Don’t cry over split milk. The past is over. Let it go.

A

Averages - Use the law of averages to get rid of your worries... What is the likelihood, the probability, the average - - that this terrible thing will happen?

D

Day-to-day. Live in day tight compartments. Don’t worry about tomorrow, or next week, or next year. Just do your best today and let tomorrow take care of itself. This living day‑to‑day, hour‑by‑hour, or even minute‑by‑minute is very similar to the yoga practice of "presencing", trying to live and keep focused in the present moment.

B

Busy. Keep busy. Being busy helps drive out worry.

I

Inevitable. Accept the inevitable. For example, much as you love them, your grandparents are going to die some day.

T

Trifles - Don’t get upset over trifles. What’s a trifle? Something you won’t be able to remember in 5 years...