



A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted

By Will Bowen

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Your thoughts create your life.

Your words indicate what you're thinking.

More than ten million people in 106 countries have used the simple principles found in this book to eradicate the toxicity of complaining from their lives. And, as a result, they have experienced:

- Better health
- Happier relationships
- Greater career success
- Significant increases in happiness

In this book, you will learn:

- What constitutes a complaint
- Why complaining is destructive
- How to get yourself and others to stop complaining

Full of practical ideas and inspiring stories from people who have already transformed their lives, *A Complaint Free World* will teach you how to not only stop complaining but to also become more positive and have the life you've always dreamed of having.

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By Will Bowen Bibliography

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Editorial Review

From Publishers Weekly

Bowen is a minister with a very simple message: quit complaining. If you do, you'll be happier and healthier. Hence his Complaint-Free World challenge; the goal is to stop for 21 consecutive days. Why 21? That's how long it takes to break a habit, according to Bowen, who has appeared on Oprah and The Today Show discussing his challenge. And while there's no scientific proof his program works, he includes testimonials from people who've stopped their chronic carping and now lead more positive lives. As for issues that might make you complain about not complaining-e.g., how do you enact social change without first finding fault with the present situation?-Bowen points to Martin Luther King Jr. and his I-have-a-dream speech. He "did not stand on the steps of the Lincoln memorial and say, "Isn't it terrible how we're being treated...." Not to be critical ("Criticism is complaining with a sharp edge") but how could Bowen forget King's great rousing line that day: "America has given the Negro people a bad check, a check which has come back marked 'insufficient funds.'" (Oct. 16)

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Review

"A *Complaint Free World* is an engaging, enjoyable, easy-to-read reminder that the only permanent, constructive changes you can make in the world are the changes that you make in yourself."

—Gary Zukav, author of *The Seat of the Soul* and *Soul to Soul*

"It's rare to read a book that has the potential to change the world, but Will Bowen's masterpiece could do just that. I highly recommend this book to you. It will change your life for the better as it has mine."

—Roger Dawson, author of *Secrets of Power Negotiating*

"This is the most inspiring book I've read all year. I love it!"

—Dr. Joe Vitale, author of *Zero Limits* and star of *The Secret*

From the Hardcover edition.

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Users Review

From reader reviews:

William Vogt:

Book is to be different for every grade. Book for children until eventually adult are different content. To be sure that book is very important usually. The book A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted was making you to know about other knowledge and of course you can take more information. It doesn't matter what advantages for you. The guide A Complaint Free

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Keith Kemp:

Reading a guide tends to be new life style in this era globalization. With studying you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can share their idea. Guides can also inspire a lot of people. A lot of author can inspire all their reader with their story or even their experience. Not only the storyline that share in the publications. But also they write about advantage about something that you need example of this. How to get the good score toefl, or how to teach your young ones, there are many kinds of book which exist now. The authors in this world always try to improve their proficiency in writing, they also doing some analysis before they write with their book. One of them is this A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted.

David Baker:

This A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted is brand new way for you who has attention to look for some information as it relief your hunger of knowledge. Getting deeper you into it getting knowledge more you know or you who still having tiny amount of digest in reading this A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted can be the light food for yourself because the information inside that book is easy to get by simply anyone. These books develop itself in the form which is reachable by anyone, yes I mean in the e-book web form. People who think that in publication form make them feel sleepy even dizzy this publication is the answer. So there is absolutely no in reading a reserve especially this one. You can find what you are looking for. It should be here for a person. So , don't miss it! Just read this e-book variety for your better life as well as knowledge.

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