



Stop Whining, Start Living

Dr. Laura Schlessinger

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Living life is about action: courageous, benevolent, worthy, Wise, and productive action. Start living with some help from Dr. Laura Schlessinger.

Dr. Laura Schlessinger agrees that there are things worth whining about. A certain amount of whining allows for venting of reasonable pain, disappointment, fear, frustration, or rage. However, staying stuck in whining mode can become a lifelong problem. This is where Dr. Laura steps in with *Stop Whining, Start Living* to help folks conquer the temptation to retreat from living life to the fullest.

Illustrated by calls and letters from members of Dr. Laura's huge international audience, *Stop Whining, Start Living* features testimonials from real people facing real challenges. These folks have benefited enormously from Dr. Laura's powerful lessons.

Stop Whining, Start Living gives readers the jump start they need to break out of reactive mode and get proactive, moving in the direction of a joyful, meaningful, fulfilling, and purposeful future. Everyone can use a kick in the pants sometimes, and Dr. Laura, who "preaches, teaches, and nags" to millions every day on her radio program, is here to deliver it!

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