



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

By Will Bowen

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A SIMPLE PLAN... A LIFE-CHANGING RESULT... A HAPPIER LIFE. Will Bowen provides practical answers and includes inspiring and touching stories from people just like you who have transformed their lives by becoming Complaint Free. In this book, you can learn what constitutes a complaint, why we complain, what benefits we think we receive from complaining, how complaining is destructive to our lives, and how we can get others around us to stop complaining. Over 6 million people in more than 80 countries have taken the Complaint Free challenge and their lives are a testament to the positive effects of this simple idea. Find out how forming the simple habit of not complaining can transform your health, relationships, career and life. What exactly is a complaint? (Chapter 1) Why is complaining destructive? (Chapters 2-3) How can I get others around me to stop complaining? (Chapter 3) How can we affect social change if we don't complain? (Chapter 5) Why is it so hard to stop complaining? (Chapters 4-6) What happens once I no longer complain? (Chapter 8) You may have pondered these questions yourself. Since the Complaint Free program began, Will Bowen has received hundreds of calls, letters and emails asking these and other important questions. Consciously striving to reformat your mental hard drive is not easy, but you can start now by using the steps Bowen presents here. If you stay with it, you will find that not only will you not complain, but others around you will cease to do so as well. In a short period of time, you can have the life you've always dreamed of having. From the Hardcover edition.

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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*

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What do you in relation to book? It is not important to you? Or just adding material when you require something to explain what yours problem? How about your time? Or are you busy man or woman? If you don't have spare time to perform others business, it is make you feel bored faster. And you have extra time? What did you do? Every person has many questions above. The doctor has to answer that question simply because just their can do in which. It said that about book. Book is familiar on every person. Yes, it is appropriate. Because start from on kindergarten until university need this A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted to read.

Leon King:

People live in this new day time of lifestyle always try to and must have the extra time or they will get lot of stress from both everyday life and work. So , once we ask do people have time, we will say absolutely yes. People is human not really a huge robot. Then we ask again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer will unlimited right. Then do you ever try this one, reading textbooks. It can be your alternative with spending your spare time, typically the book you have read will be A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted.

Jose Brown:

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Darlene Gutierrez:

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