



# **Thou Shalt Not Whine: The Eleventh Commandment: What We Whine About, Why We Do It and How to Stop**

*Jones January*

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## **Thou Shalt Not Whine: The Eleventh Commandment: What We Whine About, Why We Do It and How to Stop** Jones January

It's not just you. Anyone who goes shopping, watches TV, or has children knows there is a world-wide epidemic of whining that is out of control! January Jones surveyed a wide cross-section of people to find out why they whine and what they whine about. She used this information to write *Thou Shalt Not Whine*, a humorous look at why people whine and how to cure it. Whiners come in all shapes, sizes, and ages. January reveals the top ten whines from all age groups and shows you how to deal with them using cures that work. *Thou Shalt Not Whine* is guaranteed to make you laugh at yourself and others.

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