



## Stop Whining, Start Living

*Dr. Laura Schlessinger*

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# Stop Whining, Start Living

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## **Stop Whining, Start Living** Dr. Laura Schlessinger

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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