



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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"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."

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Users Review

From reader reviews:

Jessica Garcia:

Book is definitely written, printed, or descriptive for everything. You can recognize everything you want by a publication. Book has a different type. To be sure that book is important thing to bring us around the world. Next to that you can your reading proficiency was fluently. A publication A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted will make you to become smarter. You can feel considerably more confidence if you can know about every little thing. But some of you think this open or reading a book make you bored. It is far from make you fun. Why they can be thought like that? Have you looking for best book or acceptable book with you?

Glenn Pryor:

A lot of people always spent their particular free time to vacation or even go to the outside with them household or their friend. Do you know? Many a lot of people spent that they free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read a new book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent 24 hours a day to reading a book. The book *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted* it doesn't matter what good to read. There are a lot of individuals who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy typically the e-book. You can m0ore quickly to read this book out of your smart phone. The price is not to fund but this book offers high quality.

Augustus Chase:

Reading can called thoughts hangout, why? Because if you find yourself reading a book mainly book entitled *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted* your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will become your mind friends. Imaging every single word written in a reserve then become one web form conclusion and explanation in which maybe you never get prior to. The *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted* giving you an additional experience more than blown away the mind but also giving you useful information for your better life in this era. So now let us present to you the relaxing pattern is your body and mind will be pleased when you are finished reading through it, like winning a game. Do you want to try this extraordinary wasting spare time activity?

Gail Blakely:

A lot of reserve has printed but it is different. You can get it by online on social media. You can choose the very best book for you, science, witty, novel, or whatever by means of searching from it. It is referred to as of book *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted*. You can include your knowledge by it. Without leaving behind the printed book, it could possibly add your knowledge and make you happier to read. It is most crucial that, you must aware about reserve. It can bring you from one location to other place.

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