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# Dale Carnegie

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Time-tested methods for overcoming  
frustration, boredom and fatigue by the  
best-selling author of HOW TO WIN  
FRIENDS AND INFLUENCE PEOPLE

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# How to Enjoy Your Life and Your Job

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**You probably spend 40 percent of  
your waking time at work.  
NOW START ENJOYING IT!**

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"Work is work," people say. "It's not supposed to be fun." Nonsense! You should get as much satisfaction from your job as you do from anything else. In this exciting and rewarding book, Dale Carnegie shows you how!

He has helped thousands of people leave frustration, boredom and fatigue behind as they discover how exciting and fulfilling work can be. Their inspiring stories fill this book.

# **How to Enjoy Your Life and Your Job**

shows you how to become a better, happier worker by being a better, happier *person*. It will help you evaluate your approach to life and people and discover talents you never knew you had. With this book, you can start changing your life **TODAY.**