



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

Will Bowen

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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.”

—Gary Zukav, author of *The Seat of the Soul* and *Soul to Soul*

A SIMPLE PLAN... A LIFE-CHANGING RESULT...

A HAPPIER 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. In *A Complaint Free World: How to Stop Complaining and Start Enjoying the Life You Always Wanted*, he provides practical answers and includes inspiring and touching stories from people just like you who have transformed their lives by becoming Complaint Free.

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.

In your hands, you hold the secret to transforming your life. Big words? Yes, but this is a plan that has already proven itself with millions of people around the world. Pastor Will Bowen developed the life-changing A Complaint Free World plan based on the simple idea that good things will happen for you in abundance if you can just leave your grumbling behind. In a Sunday-morning sermon, Will told his congregation he wanted to make the world a complaint-free zone and, to prove he was serious, he passed out purple bracelets to each church member and offered them a challenge. "If you catch yourself complaining, take the bracelet and move it to the other wrist."

Now, less than a year later, more than six million people have taken up the challenge, trying to go twenty-one consecutive days without complaining, criticizing, or gossiping, and in so doing, forming a new, positive habit. By changing your words, you can change your thoughts and then begin to create your life by design. People have shared stories with Will of chronic pain relieved, relationships healed, careers improved, and becoming an overall happier person. Less pain, improved health, satisfying relationships, a better job, being more serene and joyous—sound good? It's not only possible, it's probable. Consciously striving to reformat

your mental hard drive is not easy, but you can start now by using the steps Bowen presents here.

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. You will learn the steps to eradicating this poisonous form of expression from your life. 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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Steven Young:

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Gary Games:

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John Johnson:

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