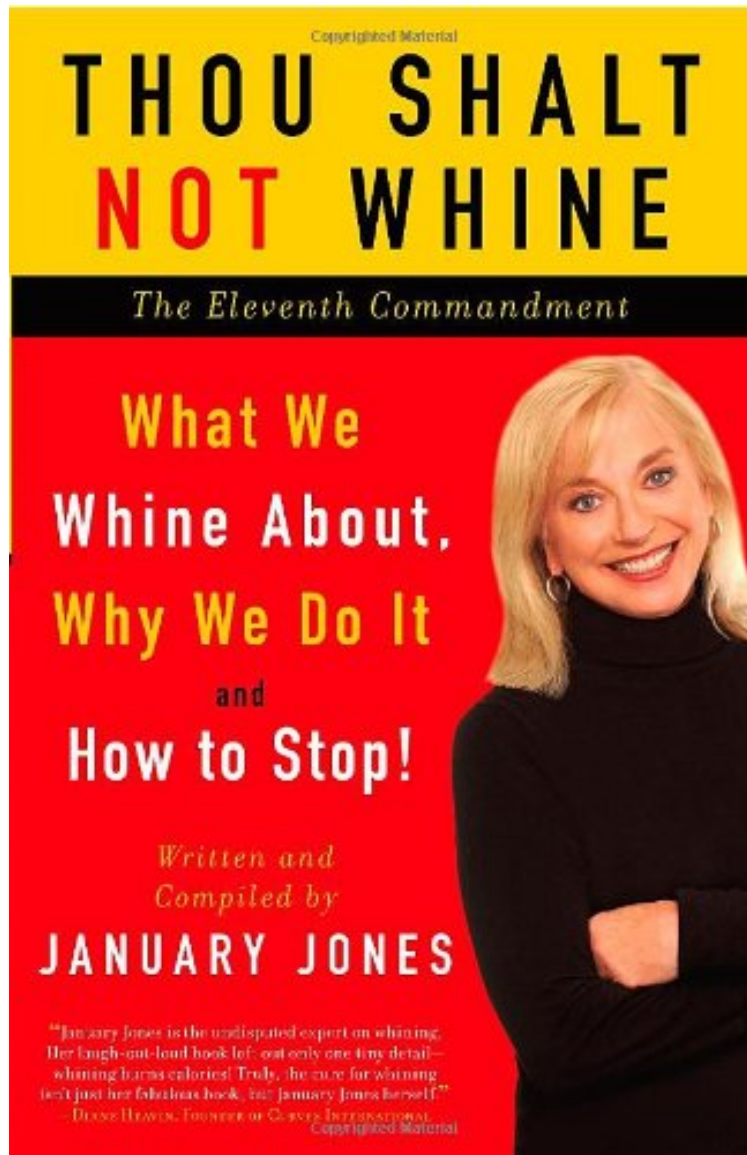


[E-BOOK] Thou Shalt Not Whine: The Eleventh Commandment: What We Whine About, Why We Do It and How to Stop

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

January Jones

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

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.

This book is a hilarious look at human nature, particularly the part that makes some people want to gripe, nag, complain, and whine. January Jones ... has divided the whiners into categories: Children, teenagers, baby boomers, men, women, seniors. In each section, she gives common whines along with advice on curing these whines. Although the book is laugh out loud funny, the advice is excellent and spot on. It's the type of book that you find yourself quoting from to everyone you know. --Self Help Daily, November 1, 2008 From the Publisher "January Jones is the undisputed expert on whining. Her laugh-out-loud book left out only one tiny detail--whining burns calories! Truly, the cure for whining isn't just her fabulous book, but January Jones herself." --Diane Heavin, Founder of Curves International About the Author January Jones received the 1999 IRWIN Award and has been nominated for a Golden Headset Award. She is currently working with Steve Harrison of RTIR, Radio Television Interview Report, in his Quantum Leap Mentoring Program. She lives with her husband in California.