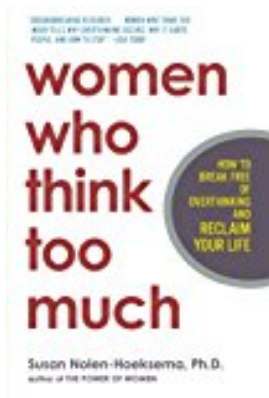


[PDF] Women Who Think Too Much: How To Break Free Of Overthinking And Reclaim Your Life

Susan Nolen-Hoeksema - pdf download free book



Books Details:

Title: Women Who Think Too Much: How
Author: Susan Nolen-Hoeksema
Released: 2004-02-01
Language:
Pages: 288
ISBN: 0805075259
ISBN13: 978-0805075250
ASIN: 0805075259

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Description:

From Publishers Weekly Practically everyone agonizes over decisions or situations from time to time, but overthinkers carry analysis and introspection to unhealthy extremes, "getting caught in torrents of negative thoughts and emotions," according to this book. Even minor events can trigger a

chain of second-guessing in which negative emotions are "amplified instead of managed." Kneading damaging thoughts like dough, overthinkers fall victim to a "yeast effect" that causes negativity to grow and take control of their lives, distort their perspectives and damage relationships, careers and emotional (and perhaps physical) health. Nolen-Hoeksema, a University of Michigan psychology professor and author of five professional books, explores why people overthink, contends and explains why too much thinking is predominantly a woman's disease and prescribes a three-step program to overcome overthinking. Citing many studies (including her own) and occasionally zooming in on particular cases, she offers no-nonsense, reasoned and easy-to-understand advice and strategies, as well as a quiz to help readers recognize their own patterns of overthought. Copyright 2003 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

From Library Journal Contrary to popular opinion, it's not good to spend too much time analyzing your thoughts and feelings, claims this University of Michigan psychologist. And women are especially guilty of this sin. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

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