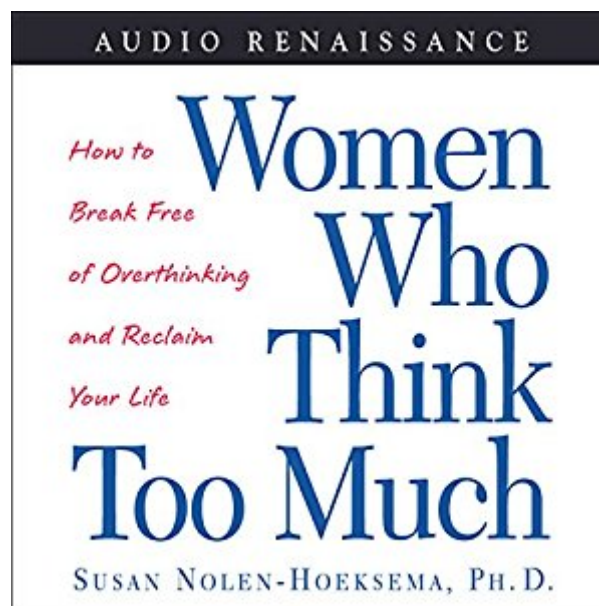




The book was found

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



Synopsis

"Groundbreaking research . . . Women Who Think Too Much tells why overthinking occurs, why it hurts people, and how to stop." —USA Today It's no surprise that our fast-paced, overly self-analytical culture is pushing many people—especially women—to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that an increasing number of women—more than half of those in her extensive study—are doing it too much and too often, leading to sadness, anxiety, and depression. She challenges the assumption—heralded by so many pop-psychology pundits of the last several decades—that constantly expressing and analyzing our emotions is a good thing. In Women Who Think Too Much, Nolen-Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and live more productively. Women Who Think Too Much will change lives, and is destined to become a self-help classic. --This text refers to the Paperback edition.

Book Information

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Customer Reviews

This is a very good book but I must follow the rules because I do think to much.

Was helpful to understand overthinking and ways to overcome it.

Great book, easy read and lots of thought-filled good points along with cognitive behavior changing

ideas! Loved this book. It should be in every woman's library.

I swear.....Susan wrote this book about me! She is right on the money, Bull's eye with everything she says! I am learning so much! Thank you Susan :)

Really worth the money.

Awesome book

This book is so me! Everything I'm reading is exactly how I feel and what I go thru on a regular basis. I thought I was alone till I read this and I'm so thankful I did.. love it..

Great

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