

Mental Traps The Overthinkers Guide To A Happier Life Andre Kukla

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These, in Kukla's view, are the mental traps. In his introduction, Kukla compares his method to that of naturalist's guides, which take a very matter-of-fact approach to providing practical information. He then outlines eleven common mental traps, such as persistence, fixation, acceleration, procrastination and regulation.

Mental Traps: The Overthinker's Guide to a Happier Life ...

Highly recommended for over thinkers, like myself. Identify these mental traps: persistence, amplification, fixation, reversion, anticipation, resistance, procrastination, division, acceleration, regulation and formulation. Solution given to avoid these mental traps. Overall, interesting psychological, self-improvement book.

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Mental traps keep us from enjoying television as readily as they keep us from serious work. They are absolute wastes of time. Mental traps are identified not by the content of our ideas but by their form. Any aspect of daily life—household chores, weekend recreation, careers, relationships—may be thought about either

Mental Traps: The Overthinker's Guide to a Happier Life

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Mental Traps : The Overthinker's Guide to a Happier Life ...

It's a naturalist's guide to a certain order of mental flora, outlining the conspicuous characteristics of its various members, replete with illustrative examples. It's a handbook for the identification of mental traps. Learning to detect and identify the traps is the first step.

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Avoid these drains on pleasure and personal performance with guidance from Mental Traps. Psychologist and philosopher André Kukla opens your eyes to the eleven most common mental traps, including persistence --the refusal to abandon a useless task or course of action; amplification --the "killing a fly with a sledgehammer" syndrome; reversion --the "coulda-woulda-shoulda" disease; and resistance --the "let-me-just" disorder.

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Mental Traps: The Overthinker's Guide to a Happier Life. by André Kukla. 3.50 avg. rating · 415 Ratings. Mental Traps is André Kukla's immensely enjoyable and down-to-earth catalogue of the everyday blunders we make in our thinking habits, how these traps can affect our entire lives, ...

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Consider a young woman we'll call Jessica. She sought treatment for anxiety, but within a short period of time, it was clear that she was caught in a self-defeating mental trap.

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