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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. **A MUST READ BOOK to free yourself from fear and stop overthinking** How to Defeat Negative Thinking: An Animation

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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

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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*

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.

*Mental Traps: The Overthinker's Guide to a*

*Happier Life ...*

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 ...*

~~A MUST READ BOOK to free yourself from fear and stop overthinking~~ *How to Defeat Negative Thinking: An Animation*

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aanbrengen, en om advertenties  
weer te geven.

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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.