



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

By Andre Kukla

Anchor Canada. Paperback / softback. Book Condition: new. BRAND NEW, Mental Traps: The Overthinker's Guide to a Happier Life, Andre Kukla, Mental Traps is Andre 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, and what we can do about it. Ever find yourself putting off even relatively minor tasks because of the many other little jobs that you'd have to tackle first? Or spending far too much time worrying about things you can't change? Or living for the future, not for today? Truth is, we all do -- and we all recognize that sometimes our ways of thinking just aren't productive. When it comes to our daily lives, we often laugh off habits like procrastination as being human nature and just resolve to approach things differently next time. Or, when the issues facing us are enormous or traumatic, we might recognize that we're dwelling on our problems, or otherwise spending our time on fruitless thinking, but have no idea how to get out of that miserable rut. Either way, it takes up a lot of our mental energy. But as Andre Kukla makes clear...



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