



# MENTAL TRAPS

*The*  
OVERTHINKER'S  
GUIDE  
*to a*  
HAPPIER LIFE

ANDRÉ KUKLA

# Mental Traps The Overthinkers Guide To A Happier Life

## Andre Kukla

**Andre Kukla**



## **Mental Traps The Overthinkers Guide To A Happier Life Andre Kukla:**

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in the moment and feel truly free From the Hardcover edition      *Mental Traps* Kukla,2007 Everyone falls into mental traps those annoying ways of thinking that waste time and energy Maybe we persist in watching a bad movie or fixate on the clock Maybe we just watch our thoughts unable to stop the turning wheels Finally there s a way out With intelligence and wit professor Andr Kukla shows how to identify and free yourself from 11 time wasting mental traffic jams Persistence Amplification Fixation Reversion Anticipation Resistance Procrastination Division Acceleration Regulation and Formulation

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back clear our minds and simply observe how our thoughts develop By doing so we will begin to recognize unproductive patterns in our own thinking and then we can try to avoid them Ultimately Kukla hopes that Mental Traps will help readers move towards what he calls a liberated consciousness a state in which we no longer allow mental traps to inhibit our experiences From having more energy to being able to act impulsively we d realize the benefits of living in the moment and feel truly free     Mental Traps André Kukla, 2006-09 Everyone falls into mental traps those annoying ways of thinking that waste time and energy This work shows how to identify and free yourself from 11 time wasting mental traffic jams persistence amplification fixation reversion anticipation resistance procrastination division acceleration regulation and formulation

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