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Paperback - International Edition, July 31, 2007 by Andre Kukla  
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Buy a cheap copy of Mental Traps: the Overthinker's Guide to... book by André Kukla. Mental Traps will ring loud bells and switch on bright lights in the minds of all who read it.--Richard Holloway, former BBC host and author of Godless Morality... Free shipping over \$10.

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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.

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regulation.

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If you're a worrier, for example, thoughts about the future may be more likely to trigger overthinking. For another person, it may be thinking about their competence or whether they are liked by

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## **Are You an Overthinker? | Psychology Today**

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Research finds that dwelling on your shortcomings, mistakes, and problems increases your risk of mental-health problems. And as your mental health declines, your tendency to ruminate increases,...

## **6 Tips to Stop Overthinking | Psychology Today**

Ego defense mechanisms (or mental traps) are psychological strategies that help us deal with the uncertainty and ambiguity of existence. When a painful truth or reality is too much for us to bear, you can be sure that an ego defense mechanism will jump in to save you. Think of it like a knight in shining armor that protects your sanity.

## **9 Ego Defense Mechanisms That Sabotage Self-Growth ★ LonerWolf**

Mental traps are habitual modes of thinking that disturb our ease, take up enormous amounts of our time, and deplete our

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energy, without accomplishing anything of value for us or for anyone else in return. The word “value” here, and throughout this book, refers to whatever seems worthwhile to us. This book is not a moral tract.

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□Mental traps are habitual modes of thinking that disturb our ease, take up enormous amounts of our time, and deplete our energy, without accomplishing anything of value,□ for - mer University of Toronto philosophy and psychology professor André Kukla writes in Mental Traps: The Overthinker□s Guide to a Happier Life.

### **SOFT SKILLS Breaking free of mental traps**

Overthinkers know the difficulty of falling asleep all too well. Insomnia takes a hold on you since you can't seem to shut off

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your brain, and the thoughts slowly paralyze you. Your mind races and you feel too wired to sleep; all the worries from the day keep flooding your mind, and you can't escape from this mental prison.

### **9 Signs You're Trapped In An Overthinking Mind | Power of ...**

The mind trap is called “positive expectations” and is typical for gamblers. They think that after a couple of losses, luck has to be on their side, and the next game will bring them a huge jackpot .

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