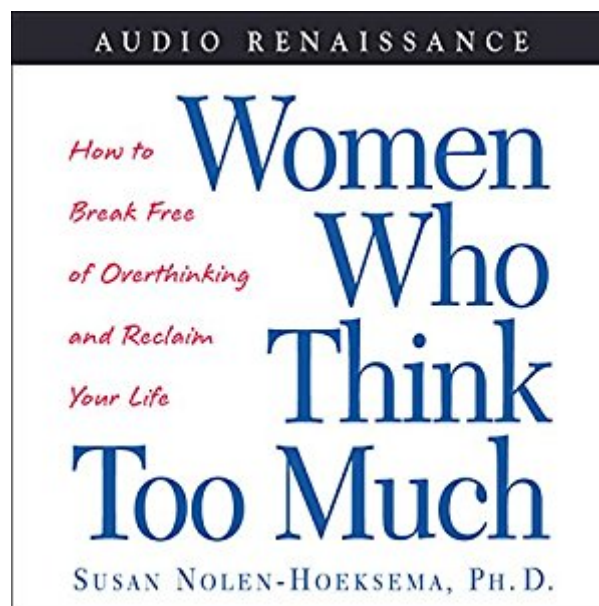




The book was found

# Women Who Think Too Much: How To Break Free Of Overthinking And Reclaim Your Life



## Synopsis

"Groundbreaking research . . . Women Who Think Too Much tells why overthinking occurs, why it hurts people, and how to stop." —USA Today It's no surprise that our fast-paced, overly self-analytical culture is pushing many people—especially women—to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that an increasing number of women—more than half of those in her extensive study—are doing it too much and too often, leading to sadness, anxiety, and depression. She challenges the assumption—heralded by so many pop-psychology pundits of the last several decades—that constantly expressing and analyzing our emotions is a good thing. In Women Who Think Too Much, Nolen-Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and live more productively. Women Who Think Too Much will change lives, and is destined to become a self-help classic. --This text refers to the Paperback edition.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 58 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Macmillan Audio

Audible.com Release Date: December 10, 2009

Language: English

ASIN: B0030EY860

Best Sellers Rank: #72 in Books > Health, Fitness & Dieting > Mental Health > Compulsive Behavior #114 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #355 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

## Customer Reviews

This is a very good book but I must follow the rules because I do think to much.

Was helpful to understand overthinking and ways to overcome it.

Great book, easy read and lots of thought-filled good points along with cognitive behavior changing

ideas! Loved this book. It should be in every woman's library.

I swear.....Susan wrote this book about me! She is right on the money, Bull's eye with everything she says! I am learning so much! Thank you Susan :)

Really worth the money.

Awesome book

This book is so me! Everything I'm reading is exactly how I feel and what I go thru on a regular basis. I thought I was alone till I read this and I'm so thankful I did.. love it..

Great

[Download to continue reading...](#)

Women Who Think Too Much: How to Break Free of Overthinking and Reclaim Your Life Debt Free for Life: The Ultimate Guide to Get Out of Debt (FREE Bonuses Included) (Debt, Debt Free, Debt Free Forever, Debt Free for Life, Debt Free for Good, Debt Management, Get Out of Debt) The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life Relaunch Your Life: Break the Cycle of Self-Defeat, Destroy Negative Emotions and Reclaim Your Personal Power Allergy-free Desserts: Gluten-free, Dairy-free, Egg-free, Soy-free, and Nut-free Delights Lagom: Not Too Little, Not Too Much: The Swedish Art of Living a Balanced, Happy Life The Healthy Gluten-Free Life: 200 Delicious Gluten-Free, Dairy-Free, Soy-Free and Egg-Free Recipes! Gluten Free: Gluten Free Diet for Beginners: Create Your Gluten Free Lifestyle for Vibrant Health, Wellness & Weight Loss (Gluten-Free Diet, Celiac Disease, Wheat Free, Cookbook Book 1) Too Fat, Too Slutty, Too Loud: The Rise and Reign of the Unruly Woman You, Pain Free: 6 Keys to Break Free of Chronic Pain and Get Your Life Back Do You Think What You Think You Think?: The Ultimate Philosophical Handbook Never Too Late!: 21 Strategies to Reclaim Your Fitness After 50 Clutter-Free: ONE HOUR A WEEK DECLUTTER! Simple Stress-Free Habits of a Clutter-Free Life.How to Organize Your Home,Finance&Lifestyle! (Clutter Free,Lifestyle,Clutter,Declutter) The Mindfulness and Acceptance Workbook for Social Anxiety and Shyness: Using Acceptance and Commitment Therapy to Free Yourself from Fear and Reclaim Your Life (New Harbinger Self-Help Workbook) The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger and Get Back Into Life Wild and Free: A Hope-Filled Anthem for the Woman Who Feels

She is Both Too Much and Never Enough Coffee Break French 4: Lessons 16-20 - Learn French in your coffee break The Whole Life Nutrition Cookbook: Over 300 Delicious Whole Foods Recipes, Including Gluten-Free, Dairy-Free, Soy-Free, and Egg-Free Dishes Women Who Love Too Much: When You Keep Wishing and Hoping He'll Change The Women Who Knew Too Much: Hitchcock and Feminist Theory

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)