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The
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Andre Kukla

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Mental Traps The Overthinkers Guide

naturalist's guide to a certain order of mental flora, outlining the conspicuous characteristics of its various members,

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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. But detection and identification aren't enough to put an end to them.

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Mental traps are typical
to the Western mind
and Andre Kukla does a

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great job at
demolishing absurd ta

And this is exactly
what this book

concentrates upon, but
with a more

pragmatical approach.

The question is not
about happiness, but
rather about the clutter
of thoughts that we
constantly have, which
does not benefit to our
mental health

(eventually to our
emotional state also).

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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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Reading Group Guide.

1. In Mental Traps,
Kukla has tackled the
workings of the human
mind without using
philosophical jargon;
his illustrative
examples are taken

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from daily life,
everything from
walking to the mailbox
to forcing ourselves to
watch awful TV shows
to the end.

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overthinker's guide to
a happier life Kukla ,
André "They sap your
energy, undermine
your productivity,
cloud your thinking,
and generally take all
the fun out of life.

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Psychologist 6 Simple Ways to Avoid Falling Into Traps Set by Your Own Mind. Sometimes it seems that our whole life consists of a long struggle against our emotions, laziness, and temptations.

Psychologist 6 Simple Ways to Avoid Falling Into Traps Set ...

Mental traps are

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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.

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