



No matter how much confidence we gather to decide our life, there is one obstacle that often restrains us from making it - Overthinking. How many times have you made a decision and felt like 'I should have gone with my first thought'? I bet, a lot of times. It is obvious that we will think a lot before making a tough choice but have you realized how much time you spend overthinking on trivial matters of your life? But the question is how to overcome overthinking? Here is a list of 7 books that will help you stop overthinking.

How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking -

1. A Manual for Living - Epictetus
2. Stillness Speaks - Eckhart Tolle
3. The Untethered Soul - Michael Alan Singer
4. Reclaim Your Brain - Joseph A. Annibali
5. Rewire - Richard O'Connor
6. The Worry Trick - David A. Carbonell
7. Unfuck Your Brain - Faith G. Harper

A Manual for Living - Epictetus



**MANUAL
FOR LIVING**
EPICTETUS

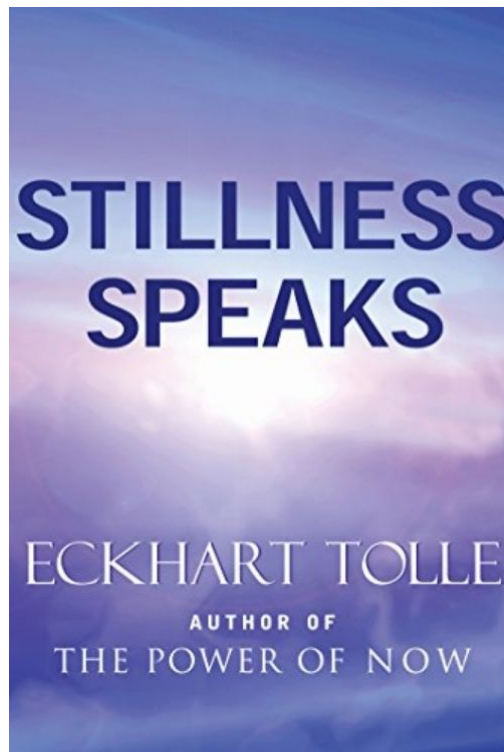


*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - A **Manual for Living***

BUY NOW

Epictetus' teachings are considered to be the greatest teachings of human civilization. In a very simple manner, Epictetus will solve the base of overthinking. According to him, there are several things especially external that are beyond our control but we are capable of solving it by living a disciplined life as we as humans are responsible for our actions.

Stillness Speaks - Eckhart Tolle



*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - **Stillness Speaks***

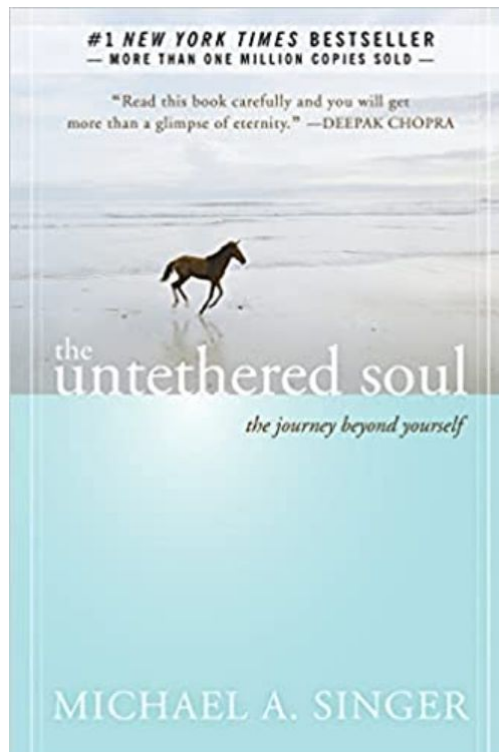
BUY NOW

Tolle will guide you to become your authentic version by gripping onto silence and stillness. When we are no more restricted by our anguish, intelligence and ache fade away and we are competent to move ahead towards a novel consideration of our relationships, of life, and of the profound understanding that is to be set up in stillness.

The Untethered Soul - Michael Alan Singer



How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking | 4

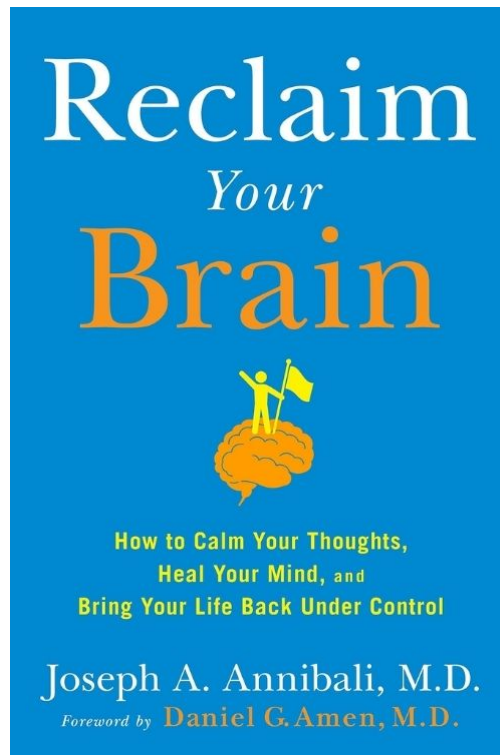


*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - **The Untethered Soul***

BUY NOW

Michael Singer will help you alter your point of view about yourself and your life. You will get to know of things that will stop your habitual thoughts. With the help of meditation and mindfulness, Singer presents how the growth of consciousness can help us all to exist in the present moment and move on from the aching thoughts that restrain us from complete self-realization and contentment.

Reclaim Your Brain - Joseph A. Annibali



Reclaim Your Brain

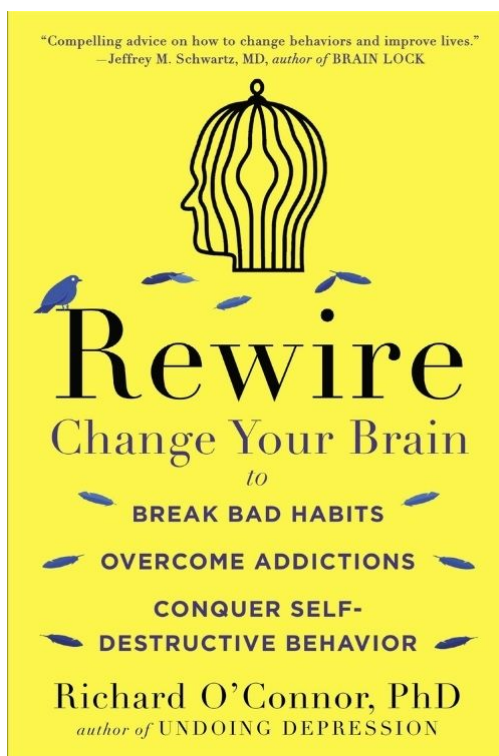
BUY NOW

Whether it be depression, bipolar disorder, or OCD, the underlying issue of it all is a “too busy brain”, and that is what restrains you from focusing, concentrating, being in a good mood, and more. Through this book, Annibali will help you by presenting practical strategies, mind-management techniques, thoughtful explanations, and more which will help you to reclaim the brain.

Rewire - Richard O'Connor



How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking | 6



*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - **Rewire***

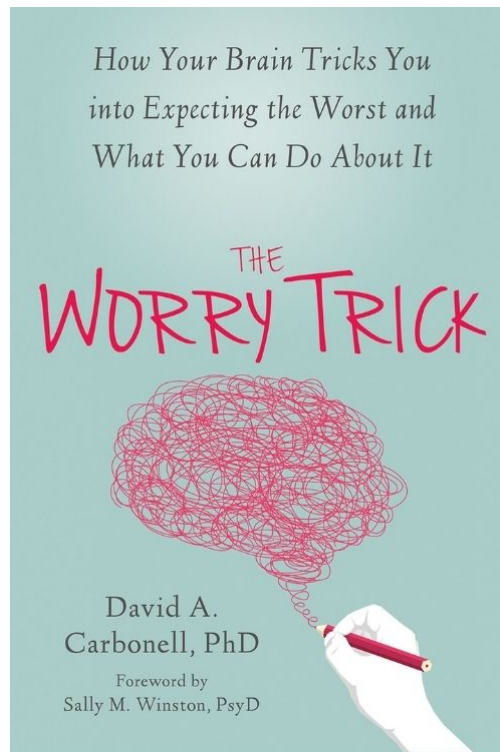
BUY NOW

Richard O'Connor helps the reader to understand the two kinds of our brain - one kind is the conscious, deliberate and thoughtful and the other is the automatic self which without paying much attention makes most of our decisions. With the help of new research regarding the functioning of the brain, *Rewire* clears a way to effect changes for behaviours such as - overeating, procrastination, passive aggression, chronic disorganization, and more. He suggests that we are capable of rewiring our brain and rain our automatic self to make the right decisions without thinking much about it.

The Worry Trick - David A. Carbonell



How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking | 7

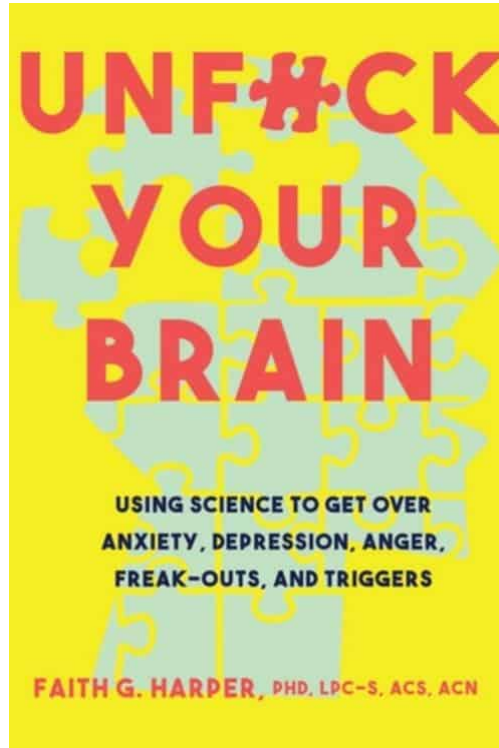


*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - **The Worry Trick***

BUY NOW

Anxiety is a strong and dominant force. It makes you doubt and question your decisions and yourself. It causes distress about the future and fills days with emotional turmoil. This book is written based on ACT or acceptance and commitment therapy and CBT or cognitive behavioral therapy. It will help you break the chain of worry. It teaches you how avoiding anxiety can backfire and make it worse.

Unfuck Your Brain - Faith G. Harper



*How to Overcome Overthinking: 7 Books that will Help You Stop Overthinking - **Unfuck Your Brain***

BUY NOW

Having mental breakdowns, getting captivated by bad things and habits is easy especially when you are lethargic and have no motivation to be productive. Although your brain realizes that you should stop and avoid doing these things, it cannot help sometimes but get involved in it because it is easier and it is your comfort zone. It happens mostly because if you convince yourself that bad addictions are helping you overcome your past incidents. But with the help of humour, patience, and science Dr. Harper discusses what is going on in the brain and guides you on how to deal with the non-emergencies of your daily life, and helps you to overcome past traumas.

Also Read: Overcome Laziness by Applying These Practical Strategies