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flora, outlining the  
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characteristics of its  
various members,  
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.

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

## **Mental Traps: The Overthinker's Guide to a Happier Life**

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July 31, 2007 by Andre  
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Mental traps are typical to the Western mind and Andre Kukla does a great job at demolishing absurd ta And this is exactly what this book concentrates upon, but with a more pragmatistical approach.



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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

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

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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 habitual modes of thinking that disturb our ease, take up enormous amounts of our time, and deplete our energy, without accomplishing

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