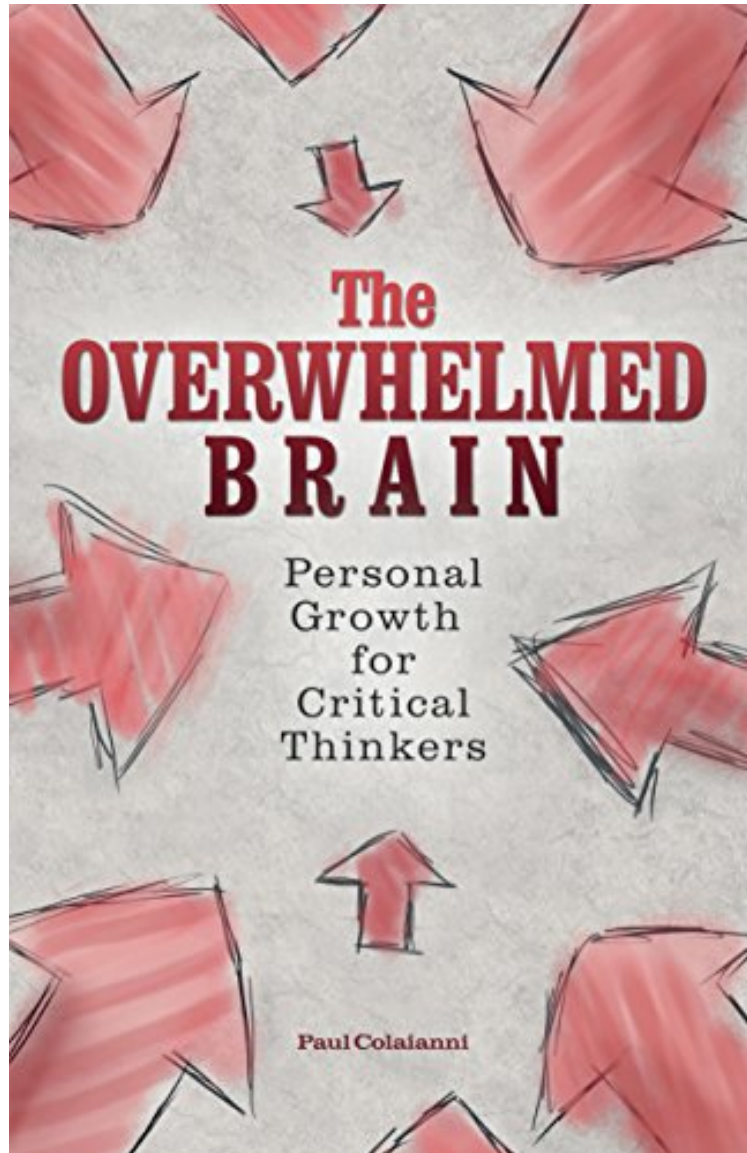


[Ebook free] The Overwhelmed Brain: Personal Growth for Critical Thinkers

## The Overwhelmed Brain: Personal Growth for Critical Thinkers

*Paul Colaianni*

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**Paul Colaianni : The Overwhelmed Brain: Personal Growth for Critical Thinkers** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Overwhelmed Brain: Personal Growth for Critical Thinkers:

8 of 8 people found the following review helpful. Picking this book up has been the best thing I could have done. By Daniel I picked up this book because of the title. My brain constantly feels overwhelmed and I have a really difficult time shutting it off sometimes. It's often the cause of anxiety. Picking this book up has been the best thing I could have done. The book is different than what I anticipated but truly a book to help calm down my anxiety and stress,

something I never thought possible. I felt connected to the author of this book (boy was I surprised that it was written by a man, mainly because it was so emotional) and found that it really made me take a deeper look at my self, rather than the world. Inner growth starts from within and this book was the best first stepping stone I needed to make some much needed changes in my life. I've been with my boyfriend for 6 years and like all healthy relationships (I think) I sometimes find myself wondering is he the one for me, is the right partner. Despite knowing you love someone, knowing whether they're the right partner is a different story. This book gave me the insight I needed to answer some of those basic questions, at the very least, look at things from a new and different perspective. I could go on and on about this book forever. I highly recommend picking it up for some true one of a kind soul searching. 3 of 3 people found the following review helpful. Extraordinary and empowering By Xan. Belzley This book really hits at the core of why 20-somethings are so paralyzed in today's world. We've been raised on a diet of approval-seeking-- everything was graded, awarded, monitored from progress, submitted to checklists since infancy. This has led to a constant need to meet criteria for being worthy of validation, but those criteria change so often we can't keep up with them. This has led to a constant fear of being no good enough that causes us to be simultaneously self-destructive and motionless. This book gets at the heart of that fear, through a series of anecdotes, scaffolded exercises and solid advice. Reading the book felt like hearing advice from an old friend. I felt listened to and understood. I think this book would be really excellent for anyone who is feeling uncertain, lost, beaten down, or hopeless. 2 of 2 people found the following review helpful. This is a great book for anyone who feels dysfunctional or has been ... By Ann This is a great book for anyone who feels dysfunctional or has been brought up in a dysfunctional family. Anyone can have challenges that may cause them to be dysfunctional. The author says "the best way to tell if you have beliefs that serve you or not is to look at the result you get when going after what you want most in life";. This book is meant to help you have a better understanding of why you do the things you do, how to change and and create more peace and less stress in your life. After reading "The Overwhelmed Brain";, I feel like I had a pep talk. My confidence in myself is stronger and I was reminded to quit self sabotaging myself. This book is definitely one that will be read and re-read. It is very easy to follow and there are self help questions.

**EXPERT ADVICE ON PERSONAL GROWTH AND DECISION-MAKING FOR DEEPER THINKERS WHO WANT MORE THAN AFFIRMATIONS AND CLICHES** Your stress, anxiety and negative thoughts are huge obstacles to happiness. You must learn to make healthy decisions and place your needs first. This book, *The Overwhelmed Brain*, provides proven methodologies for smarter, actionable ways to: • Be true to yourself • Build positive relationships • Overcome stress and anxiety • Stop self-sabotage • Make smart decisions • Rise above your fears With tips, anecdotes, exercises and expert advice from popular life coach and podcaster Paul Colaianni, *The Overwhelmed Brain* will empower you to take control over your emotional well-being and act on your dreams, goals and values.

From the Author This is an A to Z guide to self-empowerment. I've taken everything I talk about on my show and turned it into a step by step guide that will walk you through creating the life you want. You'll learn to honor your personal boundaries, get into alignment with your values, build strong, healthy relationships (and learn how to deal with toxic ones), and express yourself authentically so that you can be exactly who you want to be in the world. ;