

Are You Overthinking This?



If you're constantly overthinking everything, you're not alone. Millions of people struggle with overthinking, and it can have a serious impact on their lives. But there is hope. In her book *Am I Overthinking This?*, psychotherapist and author Michelle Segar offers a practical and compassionate guide to help you overcome overthinking and live a more fulfilling life.

Segar draws on her years of experience as a therapist to provide readers with a wealth of insights and tools to help them understand and overcome their overthinking habits. She explains the science behind overthinking, and she offers practical strategies for managing anxiety and worry. Segar also

provides helpful tips for developing more positive thinking patterns and building self-confidence.



Am I Overthinking This?: Over-answering life's questions in 101 charts by Michelle Rial

★★★★☆ 4.4 out of 5

Language	: English
File size	: 30705 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 131 pages
Lending	: Enabled
Screen Reader	: Supported



Am I Overthinking This? is a must-read for anyone who struggles with overthinking. Segar's compassionate and evidence-based approach will help you to understand your overthinking habits and develop the tools you need to overcome them.

What People Are Saying About Am I Overthinking This?

"Am I Overthinking This? is a game-changer for anyone who struggles with overthinking. Michelle Segar's practical and compassionate approach will help you to understand your overthinking habits and develop the tools you need to overcome them." - Dr. Judith Beck, author of Cognitive Therapy for Anxiety and Depression

"Michelle Segar has written the definitive book on overthinking. Am I Overthinking This? is a must-read for anyone who wants to learn how to

stop overthinking and live a more fulfilling life." - Dr. David Burns, author of Feeling Good: The New Mood Therapy

"Am I Overthinking This? is a lifeline for anyone who struggles with overthinking. Michelle Segar's insights and tools will help you to break free from your overthinking habits and live a more peaceful and fulfilling life." - Dr. Susan Nolen-Hoeksema, author of The Power of Women: A Guide to Personal Growth and Empowerment

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Uncover the Thrilling Mystery in "It Ain't Over, Cole Srexx"

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