

## Mental Traps The Overthinkers Guide To A Happier Life 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, 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 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 from daily life, everything from walking to the mailbox to forcing ourselves to watch awful TV shows to the end.

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Mental traps are 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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