

CARLA'S BLOG

# Women Think too much...



## Think I'm Wrong?

It's Time to Break the Cycle!

# Women Who Think Too Much

**Anne Cassidy**



## **Women Who Think Too Much:**

Women Who Think Too Much Susan Nolen-Hoeksema, 2004-02-01 From one of the nation's preeminent experts on women and emotion a breakthrough new book about how to stop negative thinking and become more productive It's no surprise that our fast paced overly self analytical culture is pushing many people especially women to spend countless hours thinking about negative ideas feelings and experiences Renowned psychologist Dr Susan Nolen Hoeksema calls this overthinking and her groundbreaking research shows that an increasing number of women more than half of those in her extensive study are doing it too much and too often hindering their ability to lead a satisfying life Overthinking can be anything from fretting about the big questions such as What am I doing with my life to losing sleep over a friend's innocent comment It is causing many women to end up sad anxious or seriously depressed and Nolen Hoeksema challenges the assumption heralded by so many pop psychology pundits of the last several decades that constantly expressing and analyzing our emotions is a good thing In Women Who Think Too Much Nolen Hoeksema shows us what causes so many women to be overthinkers and provides concrete strategies that can be used to escape these negative thoughts move to higher ground and live more productively Women Who Think Too Much will change lives and is destined to become a self help classic

**Summary of Susan Nolen-Hoeksema's Women Who Think Too Much** Everest Media, 2022-03-31T22:59:00Z Please note This is a companion version not the original book Sample Book Insights 1 Women are more likely than men to fall into overthinking and remain stuck there Take for example Veronica a 27 year old full time mom with auburn hair and dancing brown eyes She adored caring for her twin toddlers but she found herself slipping into the muck of negativity and concern called overthinking What's wrong with me 2 Women are twice as likely as men to become severely depressed or anxious and our tendency to overthink appears to be one of the reasons why We can rise above this epidemic of emotional oversensitivity and hypervolatility and learn to recognize and appropriately express the emotions we experience 3 Overthinking is like trying to escape from quicksand The first step to overcoming it is to break the grip of your thoughts so that they don't continue to pull you down further and eventually smother you 4 Jenny was able to deal with her conflict with Sean by using a number of strategies to break the grip of her angry thoughts She broke free from her initial ramblings by giving them a rest She used a healthy active distraction to release her mind from her negative thoughts

**Women who Think Too Much** Susan Nolen-Hoeksema, 2012

Parents Who Think Too Much Anne Cassidy, 2010-10-06 With the baby boom generation came the genre of parenting books that told parents how to teach their kids everything from toilet training to developing self esteem Generally the message has been go easy on your child but hard on yourself It is starting to become apparent especially in the best of families that giving your kids lots of choices validating their feelings at great peril to your own and providing enough individual attention for each child is creating a generation of kids over whom we have no control Cassidy argues that this comes from over thinking our role as parents We've pondered every step so much that the juice the joy and worst of all our

confidence is gone The reasons are clear We have fewer children later in life so we ve had more time to ponder We ve grown up just as research on infant and child development has come of age so there s no shortage of material to think about As a generation we ve prided ourselves on self improvement and we bring the same zeal to child improvement We re less likely to live close to our families and so are more likely to seek out expert solutions To counter this thinking Cassidy will suggest keeping the big picture in mind what kind of people do you really want your kids to be Honest kind cooperative empathetic It may mean losing sight of whether enough play dates are scheduled for the week and if you ve positively reinforced the latest creative endeavor but it will bring back your instincts about what is important to your family as a whole and to your kids to become decent people

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