



STOP OVERTHINKING: 23 TECHNIQUES
TO RELIEVE STRESS, STOP NEGATIVE
SPIRALS, DECLUTTER YOUR MIND,
AND FOCUS ON THE PRESENT

STOP OVER THINKING

NICK
TRENTON

CLEANING UP YOUR MENTAL MESS

5 Simple, Scientifically
Proven Steps
to Reduce Anxiety, Stress,
and Toxic Thinking

DR. CAROLINE LEAF

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