

Women Who Think Too Much: How To Break Free Of Overthinking And Reclaim Your Life By Susan Nolen-Hoeksema

By Susan Nolen-Hoeksema

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Overthinking Your Life Susan Nolen-Hoeksema, the chair of the department of psychology at Yale University and the author of Women Who Think Too Much: How to

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I was reading a comment on one of the posts which reminded me of a scenario that I come across all the time on this blog: Woman thinks she s met her prince, when in

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"Groundbreaking research . . . Women Who Think Too Much tells why overthinking occurs, why it hurts people, and how to stop." --USA Today. It's no surprise that our

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Amazon.com: Women Who Think Too Much: How to Break -

Women Who Think Too Much came out earlier this year, and I gobbled it up in two sittings. Several people have borrowed this book from me, and have found it incredibly

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Jan 06, 2013 Yale psychologist Susan Nolen-Hoeksema died Jan. 2 and Women Who Think Too Much: How to Break Free of her life and work

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