

**IF YOU OVERTHINK,
READ THESE 7 BOOKS**





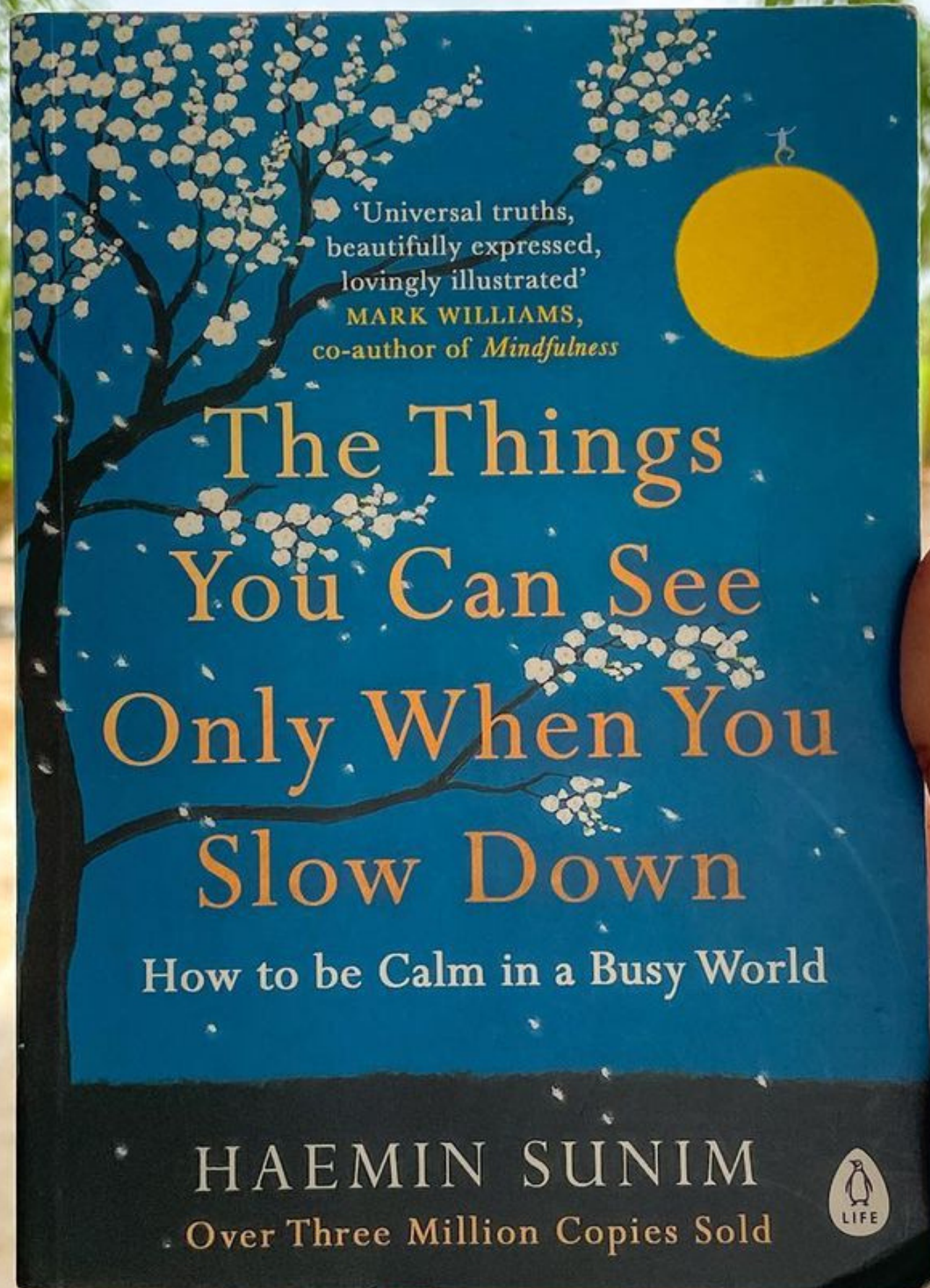
GET OUT OF MY HEAD

Inspiration for Overthinkers
in an Anxious World

BY **Meredith Arthur**
FOUNDER OF BEAUTIFUL VOYAGER

ART BY **Leah Rosenberg**

2



‘Universal truths,
beautifully expressed,
lovingly illustrated’
MARK WILLIAMS,
co-author of *Mindfulness*

The Things You Can See Only When You Slow Down

How to be Calm in a Busy World

HAEMIN SUNIM

Over Three Million Copies Sold



3



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

**STOP
OVER
THINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING
OVERTHINKING**

**NICK
TRENTON**

5



WIN YOUR INNER BATTLES

Defeat the Enemy Within and Live
With Purpose



DARIUS FOROUX

6

GOOD

HOW SELF-LOVE IS

VIBES,

THE KEY TO UNLOCKING

GOOD

YOUR GREATNESS

LIFE

VEX KING

7

DON'T BELIEVE
EVERYTHING
YOU THINK



WHY YOUR THINKING IS THE
BEGINNING & END OF SUFFERING

JOSEPH NGUYEN

FOLLOW ME

for more such insightful content

like and share!