

Don't Overthink It: Make Easier Decisions, Stop Second-Guessing, and Bring More Joy to Your Life Book PDF Download



**By:
Anne Bogel**

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What people Say:

Anne Bogel

It's here!

I'd like to share a quote from Annie Dillard that captures why this topic is so important to me, and to you:

When we spend our time overthinking,

Nobody wants to live a life characterized by overthinking. I'm certain you have better things to do. This book is for those of us who, like me, want to live our lives well. And we know living well

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. We want to learn how to overcome decision fatigue, stop feeling overwhelmed, cut the second-guessing, and bring more peace and joy into our lives.

That means learning strategies for approaching both our minutes and our days.

JanB

How do I even begin to review a book with so many nuggets of wisdom, that if I listed them all I’d re-write the entire book?

Don’t make the mistake of thinking this book is only for overthinkers. At its heart, it’s a book to help anyone live a more joyful, abundant life. I read my e-galley once for an overview and now will go back through and slowly read the hard copy I pre-ordered and put these nuggets of wisdom into

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Anne is one of my favorite bloggers/podcasters and this book is pure gold. The book is written in Anne's trademark easy-going, conversational style. I was delighted to receive an e-galley and be a part of the launch team.

This book will be on my keeper shelf! Excellent!

Brandice

is a great reminder that overthinking is a waste of time and energy, and that this gradually wreaks havoc on us and our lives.

There are helpful takeaways here for major and minor overthinkers alike " Most people are likely to identify with

one behavior described in the book. I found myself recognizing a few I am routinely guilty of engaging in, though it's nice to know I'm not alone and with a little reframing, I can change my thought process. The book is written in a

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one behavior described in the book. I found myself recognizing a few I am routinely guilty of engaging in, though it's nice to know I'm not alone and with a little reframing, I can change my thought process. The book is written in a casual tone too, making its suggestions easy to digest.

This is a book where topics will resonate differently with various readers. For me, the most beneficial parts were the chapters on using your values to help clarify your objectives (often simplifying the decision making process), and creating more rituals to build into your daily routine. Alternatively, the chapter on splurging didn't offer much new insight for me, as I have always been able to justify engaging in experiences/ events that seem interesting. As a perpetual planner, I also appreciated the reminder about building in schedule margins – Not just to plan for the bad, but to do it in preparation for positive, spontaneous opportunities that arise.

We can't change everything in the world but

prompts us to get started on what we can impact by taking small steps in the direction we want to head.

Fergus

I've got a theory: I developed it while thinking about Anne Bogel's wonderful book.

I think we've now got far too many Mental Microbes.

Self-doubt. Ennui. Guilt. Sloth. The list is endless. They're our Mental Microbes.

And now especially, with social distancing. NOW you can add anger and Nameless Dread to that list. These emotions can FREEZE our actions and prevent us from acting DECISIVELY.

We doubt ourselves, waffle and waver, and our headspace is a Jumble Sale chock full of unattractive remnants

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Kari Ann Sweeney

I was lucky enough to receive my ARC in person at the Modern Mrs. Darcy Book Club Reading Retreat last September. Where I actually said, "I don't really think I'm much of an over thinker, so this should be interesting." Oh, sweet deluded Kari. You were so very wrong. You do overthink.

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Anne provides real life examples of how overthinking impacts daily life. She uses everyday situations that were easy for me to identify with. On more than one occasion I said "Oh- that's totally me. Yep - I do that." But beyond simply identifying how over analysis can suck the joy out of my life, she provided simple, applicable solutions to help improve it.

I read this book a couple of weeks ago and I find myself going back to it on a nearly daily basis. It is full of highlights and marginalia which is a rarity for me. It's a refreshing guide that helps affirm that while overthinking may be natural, the inevitable stress that comes with it doesn't have to be.

There are some incredible pre-release bonuses available at modernmrsdarcy.com I encourage you to pre-order this one. For you and the other overthinkers in your life.