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How to Stop Negative Thoughts: What My Near Death Experience Taught Me about Mind Loops, Neuroscience, and Happiness (Paperback)

By Barbara Ireland

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Amazon Kindle Bestseller! TRAIN YOUR MIND TO BE YOUR GREATEST ALLY, INSTEAD OF YOUR SABOTEUR We think 60,000 thoughts a day. And yet, scientific research tells us a whopping 70 of those thoughts are negative. No wonder stress, social anxiety, depression, and unhappiness are on the rise! If you want to stop that incessant, negative voice in your head, read this book. One night in 2010, author Barbara Ireland was singing onstage with Stone Gossard of Pearl Jam when she suddenly heard her own inner thoughts. She was shocked at how self-critical they were and wondered: Are these negative thoughts going through my head all the time? Turns out they were - and they'd been sabotaging her life for years. We all think negative thoughts. We dwell on past conflicts, we worry, we wonder if we're good enough, we judge others, fume, resent, envy, compare. We spill some orange juice and yell in our heads, You're such an idiot! Sound familiar? What you may not realize is just how damaging that negative voice is. Repetitive, negative...



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