

"Groundbreaking research . . . *Women Who Think Too Much* tells why overthinking occurs, why it hurts people and how to stop." —USA Today

Women Who Think Too Much

*How to
Break Free of
Over-
thinking
and
Reclaim
Your Life*

SUSAN NOLEN-HOEKSEMA, Ph.D.

Susan Nolen-Hoeksema

**Women Who Think Too Much: How to Break Free of
Overthinking and Reclaim Your Life**



[continue reading](#)

"Groundbreaking study . Susan Nolen-Hoeksema calls this overthinking, and her groundbreaking research shows that a growing number of women?even more than half of these in her extensive research?are carrying it out too much and all too often, resulting in sadness, anxiety, and depression. . Women Who Think AN EXCESSIVE AMOUNT OF changes lives, and is usually destined to become a self-help classic. Renowned psychologist Dr." ?USA Today It's no real surprise that our fast-paced, overly self-analytical culture is pressing many people?especially women?to spend a lot of time considering negative ideas, feelings, and experiences. . She challenges the assumption?heralded by so many pop-psychology pundits of the last many decades?that constantly expressing and analyzing our emotions is a good thing. In Women Who Think Too Much, Nolen-Hoeksema displays us what causes so many women to be overthinkers and concrete strategies which you can use to escape these negative thoughts, move to higher surface, and live even more productively. Women Who Think AN EXCESSIVE AMOUNT OF tells why overthinking takes place, why it hurts people, and how exactly to stop.



[continue reading](#)

