



The Overwhelmed Brain: Personal Growth for Critical Thinkers

Paul Colaianni

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**The Overwhelmed Brain: Personal Growth for Critical Thinkers Paul Colaianni
EXPERT ADVICE ON PERSONAL GROWTH AND DECISION-MAKING FOR DEEPER
THINKERS WHO WANT MORE THAN AFFIRMATIONS AND CLICHES**

Your stress, anxiety and negative thoughts are huge obstacles to happiness. You must learn to make healthy decisions and place your needs first. This book, *The Overwhelmed Brain*, provides proven methodologies for smarter, actionable ways to:

- **Be true to yourself**
- **Build positive relationships**
- **Overcome stress and anxiety**
- **Stop self-sabotage**
- **Make smart decisions**
- **Rise above your fears**

With tips, anecdotes, exercises and expert advice from popular life coach and podcaster Paul Colaianni, *The Overwhelmed Brain* will empower you to take control over your emotional well-being and act on your dreams, goals and values.

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The reason? Because this The Overwhelmed Brain: Personal Growth for Critical Thinkers is an unordinary book that the inside of the book waiting for you to snap the idea but latter it will shock you with the secret it inside. Reading this book adjacent to it was fantastic author who write the book in such wonderful way makes the content inside of easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of benefits than the other book include such as help improving your ability and your critical thinking approach. So , still want to hesitate having that book? If I were being you I will go to the reserve store hurriedly.

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