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## The Trouble with Thinking: Adventures in Self Smarts: Book One (Paperback)

By Lauren Powers

iUniverse, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Finally, a communication expert who explains the deep reason that we don't understand each other. Powers shows how we are stuck in our own private realities, and how our very perceptions are keeping us there! -Randi Voss, PhD, Department of Biomedical Engineering, University of Texas at Austin The human brain produces approximately 70,000 thoughts on an average day. And most of those thoughts are negative. Happily, Lauren Powers shows us how to turn our automatic thinking on its head, in this entertaining and thought-provoking guide to the rat-maze of the human mind. An international executive coach, who has taught thousands of others to reach their highest potential, Powers has proven that it's entirely possible to overcome unconscious patterns and take charge of our thoughts and lives. By turns funny, irreverent, and poignant, *The Trouble with Thinking* blends neurological science with engaging stories of historical and interpersonal gaffes to reveal how our interpretations affect us deeply. Autopilot thinking leads to all kinds of unhappiness--misunderstandings, self-doubt and unsatisfying relationships. Fortunately, as Powers details, a few simple shifts in attention changes our...



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