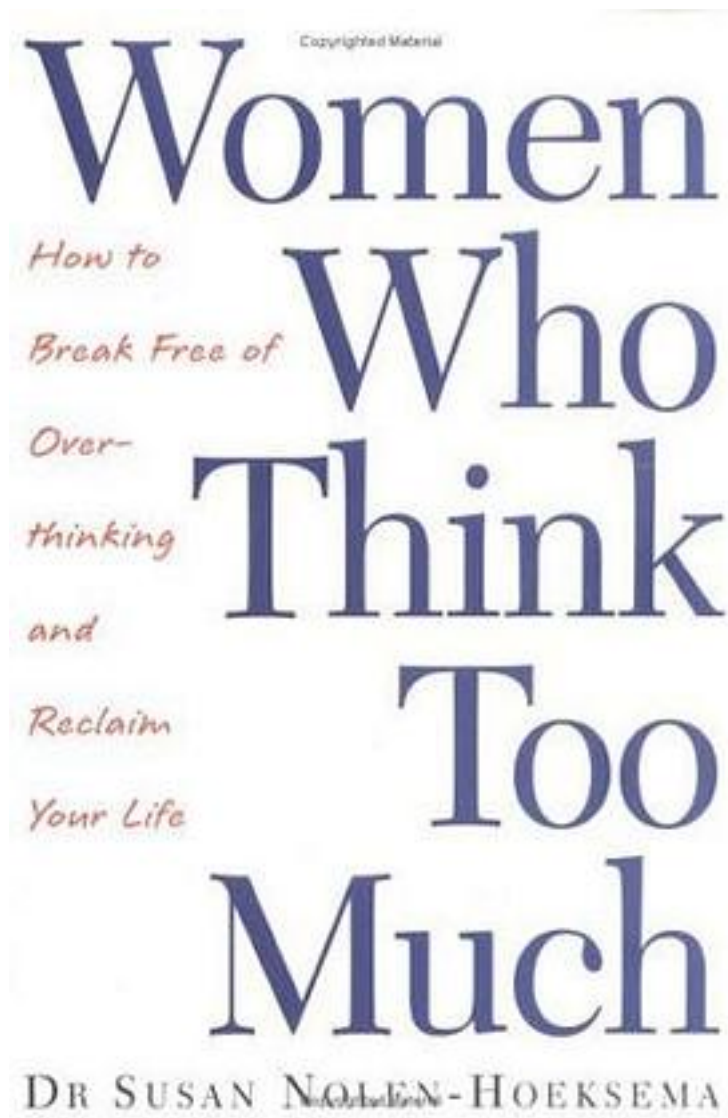


Women Who Think Too Much



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著者:Susan Nolen-Hoeksema

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From one of the nation's preeminent experts in the study of women and emotion, a breakthrough new book based on the author's award-winning research

It's not a surprise that our fast-paced, overly analytical culture is pushing people—especially women—to spend countless hours thinking about negative ideas, feelings, and experiences. Renowned psychologist Dr. Susan Nolen-Hoeksema calls this “overthinking.” Her groundbreaking research shows that an increasing number of women—more than half of those in her extensive study—are doing it too much and too often, hindering their ability to lead a satisfying life. Overthinking can be anything from fretting about big questions such as “What am I doing with my life?” to losing sleep over a friend's innocent comment. It is causing women to feel sad, anxious, or seriously depressed, and she challenges the assumption that constantly expressing and analyzing our emotions is a good thing.

In *Women Who Think Too Much*, Nolen-Hoeksema provides concrete strategies that can be used to escape these negative thoughts, move to higher ground, and avoid future traps.

作者介绍:

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标签

女性

心理学

心理

Overthinking

读不下去

泡

推荐

成长

评论

finished this book this morning. Enjoyed it a lot, especially the real-life cases of how other women overthink, which often resonate with me.

overthinking似乎是女人的生理问题，虽然觉得有些戒掉overthinking的方法不是那么有效，但看看无妨

虽说是心理学教授的作品，却没有任何实证数据，只是胡邹、编故事，这和我原先的期待不符。

书中，作者向我们展示了导致如此多的女人过度思考的原因，并提供了可用于逃避这些消极思想，走向更高境界并提高生活质量的具体策略。其实同样适用于男人。

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书评

令筆者欣賞的是，作者沒有把種種問題歸咎於女性特質或個人因素，反而從現代社會文化著眼。全文--<http://www.fespress.fes.org.hk/newsletter/9/personal2.php>

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