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# Chapter 1

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## *Stop Overthinking and Find Mental Peace*

**A**re you overthinking to the point of paralysis and fear? Is your mind filled with so many thoughts that you don't know what to do next or how to handle it? If overthinking is causing you to struggle, you'll be glad to know that it's possible to find mental peace again. To rid the stress in your life and find the peace and happiness you deserve, it is critical that the habit of overthinking is over and done with. You can learn to calm your mind, achieve greater focus, and find the direction that is right for you!

Although it is easy to say calm the mind, stop your thought process, and take it easy with your thoughts, it takes the right awareness and practice to learn to tame the mind. You can begin to use the following techniques to help quiet your mind and experience greater peace along your journey to peace and happiness.

**1.** Avoid obsessing about completely silencing the mind. You may wish that you could stop your thoughts altogether. However, this isn't the best tactic for dealing with overthinking. The more you try to stop thinking, the more your thoughts will flow. The opposite of what you want actually starts to happen. As thoughts come, let them pass. You do not have to subscribe to every thought your mind produces. Stay here and now.

**2.** Understand that you'll always have thoughts. All human beings have thoughts. Recognize this is a normal process. Although you can learn to silence your mind in certain situations, you can achieve great peace by learning to take control of what you think, instead. This gives you the power of deliberate creation when you get good at it. Make your thoughts work for you not against you.

**3.** Avoid judging your thoughts. It's tempting to get upset if you have negative thoughts or emotions. You may be quick to judge and try to squash them. Let them come and go, do not give your attention to them. Where attention goes, energy flows. Instead of judging and criticizing your thoughts, accept them as a normal human habit. Acknowledge them and then move on. Learn to appreciate your mind. This will help your mind calm down because you won't be fighting internally with it. This also assists you in creating the peace and happiness that you want to experience in your life. Remember, you wouldn't be able to appreciate the positive thoughts if you never had negative ones.

**4.** Try to stay present. Overthinking often comes because you're worried about the future or regret something that has already happened. You allow stress and anxiety to take over. You start imagining different outcomes, with most of them being negative, and you start living in fear. In the present moment, there is nothing wrong, only what the mind makes of it. If you stay in the present

moment, fear can't take over, and overthinking isn't an issue. You're able to focus on what you have to do each day to survive and thrive without the mind taking over with a million thoughts a minute, which are sometimes negatively aligned.

5. Be okay with the world. The word okay doesn't mean perfection. It also doesn't mean awful. It's the balance between positive and negative. It's the thin line between them that allows you to find mental peace. Being okay also means that you learn to accept what is happening in your life. Once you accept things as they are and do not allow the mind to label what you think they should be, you will be well on your way to experiencing peace and happiness in your life. Being okay may mean that you learn to love where you're at and what you're doing right now. You learn to appreciate what you have and the people around you. It's important to find gratitude in the little things. You don't have to pretend those negative things don't exist, but you can avoid focusing on them. Center your attention on appreciating life.

Your thoughts can save you, but they can also destroy you. Your mind can be a busy place, so it's important to learn ways to deal effectively with some of your thoughts. Strategies like these can help you deal with your overthinking so you can find peace while working along your journey to gain the peace and happiness in life that you deserve, and frankly, is your birthright.



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## Chapter 2

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### *Turning Your Negative Thinking into Potential*

**D**oes negative thinking seem to get the best of you? If you are one to stress, chances are negative thinking does get the best of you since stress begins in thought. Problematic thinking does not have to affect you negatively. You have the power to feel peace through any problem/challenge that you face. It all depends on how you choose to perceive the challenge at hand, and then if you choose to react or to respond to the seeming problem.

When reacting to a problem you allow the problem to get the best of you. Chances are you react the same way every time a problem arises. This gives your power away and drains you of your vital life energy. You overthink a million ways of how bad the situation is and make it hell in your mind, you play it over and over in your mind, and therefore your experience becomes hell.

When you choose to respond to a problem, you empower yourself and have a chance to boost your vital life energy. You don't

have to accept all the negative thoughts swirling through your head, and you can think your way to a positive outcome, no matter what the situation. The way you think about something is what makes or breaks your experience.

Responding to a problem involves taking a step back and perceiving it clearly. From there, choosing to respond accordingly while staying in a positive energy alignment is how you keep your power. By taking a step back and collecting your thoughts you give the million negative thoughts wanting to pop up, a chance to die down. It is through your perception and the power of choice that the problem no longer needs to be perceived as a problem but can now be perceived as an opportunity to grow along your path. You will have many opportunities to grow and expand as you develop mentally and emotionally. Keep in mind this can only happen if you diffuse the million and one negative thoughts trying to creep in and take over your emotional realm.

Often, you're upset for the wrong reasons and let things hold you back that you should not. If you let your thoughts run rampant in a negative way, you will be held back from your positive alignment. Most of the time, you are not upset for the reason you think you are. You are upset or facing problems because you perceive them to be problematic. You have the power to perceive things in a positive light, even things that seem negative and that stress you out.

When you can ask yourself what the problem is trying to teach you, you instantly create an opportunity to perceive the problem from a new angle and alignment. Focusing on the lesson allows you to keep your power where you would have been giving it away to negativity and problematic thoughts in the past.

There is always another way you can choose to perceive something. An example of this would be the caterpillar thinking the

time of going into the cocoon is the end. Meanwhile, the perception of the butterfly is a brand-new beginning. Same cocoon, different perspectives. Another example would be when it comes to water. You can choose to perceive water as refreshing and a thirst quencher. Or you can choose to perceive the water as something to drown someone with. Two different perceptions, and two different outcomes according to which perceptible is chosen. I know this may sound confusing, but it boils down to the fact that you have the power to be, do, or have anything that you want through the way you choose to think and be. This includes facing problems in such a way that they no longer negatively affect you. This is how you turn your problems into potential and begin to conquer the negative stress that overthinking can bring. You no longer have to live in a problematic mindset. You can control the way you think and feel as challenging situations or people show up in your experience.





*“There is always another way you can  
choose to perceive something.”*





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## Chapter 3

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### *Turning Your Problems into Potential*

**D**o problems seem to keep creeping into your life? As you may already know, within every problem lies great opportunity. What if you could turn your problems into potential? All it takes is a different perspective.

Change is often scary and can be difficult. We often resist change and continue to think “off-track” or negatively regarding life’s situation simply because it is what we know. If this is you, you are not alone. The bad news is if you continue to do what you are doing and are thinking negatively, you will not see the peace and happiness you seek to have in your life.

What the caterpillar only knows as an ending, the butterfly experiences as a beautiful new beginning. Depending on your perspective is how you will experience your reality. Below are some questions to help you turn your problematic way of thinking into a way of possibilities and potential. If you are feeling stressed

due to a specific situation, ask yourself the following:

If every problem possesses the seeds of its own solution, where is the opportunity in my problem, and what are some possible solutions?

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What is something good about this situation, no matter how small or insignificant?

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Does this situation have a positive aspect?

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Can I open myself up to my feelings a little more?

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What is something I can do to get in touch with my feelings and grow from this situation?

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Who can I turn to for support?

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What can I take from this experience?

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What can I learn?

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How can this experience help me to grow?

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How can I create faith for the future and strength to go on?

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Now that you have a method for turning problems into potential you can use it for any problem you face. Things are easier when you can be open to “opportunity thinking” to create potential rather than “problematic thinking” which only aligns with and creates more problems and stress.





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an ending, the butterfly experiences  
as a beautiful new beginning.”*

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## About The Author

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Nicole Gauder is a spiritual alignment specialist, mental healer, and certified Advanced Law of Attraction Practitioner. For over a decade, she has been a spiritual counselor who provides her clients with the tools, tips, and techniques they need to take their lives from where they are to where they want to be.



A lifelong animal lover, Nicole loves reading and is passionate about enlightening others about the higher truths of life. Nicole's mission is to empower, inspire, and align people seeking spiritual growth and to provide them with the right knowledge and resources to make them consciously aware of their own potential, so they can live the life they truly desire and deserve.

Drawing on a wide range of techniques, Nicole helps her clients identify their goals, release limiting beliefs, and create lasting change in their lives. You can visit her online at [www.beintruth.com/nicole-gauder](http://www.beintruth.com/nicole-gauder)