Twitter Thread by Philosophy of Mind

Philosophy of Mind
@Phi_of_Mind

If You Feel Stuck, Read This:
(everyday)

https://t.co/oMallKjC4n

https://t.co/QtRdTfVefU

https://t.co/IPoM2kpd31

https://t.co/OXZLXPWHdC

https://t.co/2146okskrp

https://t.co/lquPr3fdJ8

Unwanted thoughts cause plenty:
- distress
- frustrations

Work on your mental models:
• control the mind
• focus on what matters
• understand how the world works

Bonus: Get Top 50 Books For Free

Grab your copy here:
https://t.co/pHZMwiPiaA

If you enjoyed this thread, please:

1. Follow me (@Phi_of_Mind) for more

2. Retweet the 1st tweet below to share this thread https://t.co/cXABvE1SBX

> If You Feel Stuck, Read This:
> (everyday) pic.twitter.com/NhEORkKyne
>
> — Philosophy of Mind (@Phi_of_Mind) October 6, 2022