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**10 Top Lessons From the Book
"Chatter"**

■Book Review (THREAD)

NATIONAL BESTSELLER

Chatter

The Voice in Our Head, Why It Matters,

and How to Harness It

Ethan Kross

"This book is aimed to fundamentally change some of the most important conversations in your life—the one you have with yourself." —Adam Grant, bestselling author of GIVE AND TAKE

1. Introspection is a double-edged sword

■ Introspection—the ability to observe one's own mental processes—is a valuable tool for reflection and decision-making.

But rather than make people feel better, introspection often leads them to experience something else.

2. Chatter

■■■Chatter is the cycle of negative thoughts and feelings that turn our capacity for introspection into a vulnerability rather than a strength.

If you can master the art of introspection without the chatter, you can get your internal conversations back on track.

3. Talking to yourself can be helpful

■Many people wonder how they can control their chatter. One way to do so is to talk to yourself using your name and the word “you,” as if you were advising someone else, a technique called “distant self-talk.”

4. Distant self-talk capitalizes on this idea

👉■Silently talking to yourself like you're someone else—using “you” and your own name—helps you take a step back from your experience and put your problems in perspective.

5. Be careful who you talk to

■We need help with broadening our perspective, which other people are in a unique position to help us do.

The problem is that many of the people we turn to for help tend to prioritize providing us with emotional support.

6. Quiet your thoughts

■Science shows that many people reflexively engage in similar behaviors when they're struggling with chatter.

Research shows that engaging in these behaviors, as long as they're not taken to an extreme, can provide people with relief.

7. Creating order quiets chatter

■The way this works is through a process called “compensatory control.” In essence, when our thoughts are racing and feel disorganized, we can compensate for that by controlling other areas of our lives.

8. Awe heals

■Awe is an emotion we experience when we're in the presence of something vast that we can't explain.

Some people feel it when they stare up at the night sky and ponder the number of stars in the universe.

9. Awe is the key

■■■When you're in the presence of something vast and difficult to explain, it's hard to maintain the view that you and your chatter are the most important things in the world.

When you feel smaller in the midst of awe-inspiring sights, so do your problems.

10. The mind is flexible

■ The mind is flexible if we know how to bend it.

If you have a fever, you can take something to bring it down. Likewise, our mind has a psychological immune system: We can use our thoughts to change our thoughts.

You can't improve if you don't know what you're doing wrong.

■■■Make time for stillness

■■■Master over your mind

■■■Practice decision-making skills

■Work on your mental models and Practice critical thinking.

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