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By Andre Kukla



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--Richard Holloway, former BBC host and author of *Godless Morality*

The antidote to twisted logic, fuzzy thinking, and self-defeating behaviors that mess up your mind

They sap your energy, undermine your productivity, cloud your thinking, and generally take all the fun out of life. They're mental traps, and even the most clear-headed Einsteins among us fall victim to them from time to time. But that doesn't mean you should resign yourself to doing their bidding. Avoid these drains on pleasure and personal performance with guidance from *Mental Traps*.

Psychologist and philosopher André Kukla opens your eyes to the eleven most common mental traps, including *persistence*--the refusal to abandon a useless task or course of action; *amplification*--the "killing a fly with a sledgehammer" syndrome; *reversion*--the "coulda-woulda-shoulda" disease; and *resistance*--the "let-me-just" disorder. With Kukla's proven tactics, you can free yourself from time-wasting mental traffic jams and be more productive in your everyday life.



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