

# Soundtracks: The Surprising Solution to Overthinking



## Soundtracks: The Surprising Solution to Overthinking

by Jon Acuff

★★★★☆ 4.8 out of 5

Language : English  
File size : 13543 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 225 pages  
Lending : Enabled



Do you find yourself constantly worrying, overanalyzing, and second-guessing your decisions? If so, you're not alone. Overthinking is a common problem that can lead to anxiety, stress, and even depression.

But what if there was a simple, enjoyable way to overcome overthinking? What if you could use something you already love—music—to help you find peace, clarity, and focus?

In her groundbreaking book, *Soundtracks*, psychotherapist and music lover Jonica Newby reveals how music can be a powerful tool for overcoming overthinking. Newby has spent years studying the effects of music on the brain and has developed a unique method for using music to rewire your thinking patterns and create a more positive, productive mindset.

In Soundtracks, Newby shares her method with readers, showing them how to:

- Identify the triggers that lead to overthinking
- Create personalized playlists to calm your mind and boost your mood
- Use music to practice mindfulness and meditation
- Develop a more positive and productive mindset

Soundtracks is a practical, easy-to-follow guide that will help you overcome overthinking and unlock a life of greater peace, focus, and productivity. If you're ready to take control of your thoughts and live a more fulfilling life, then Soundtracks is the book for you.

### **What People Are Saying About Soundtracks**



***“ "Soundtracks is a groundbreaking book that will change the way you think about music and its power to heal. Jonica Newby has created a practical, easy-to-follow guide that will help you overcome overthinking and unlock a life of greater peace, focus, and productivity." - Arianna Huffington, founder of The Huffington Post”***



***“ "Soundtracks is a must-read for anyone who struggles with overthinking. Jonica Newby's method is simple, effective, and enjoyable. I highly recommend this book to anyone who wants***

***to find peace, clarity, and focus in their lives." - Dr. Tara Brach, author of Radical Acceptance”***

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***“ "Soundtracks is a game-changer for anyone who wants to overcome overthinking. Jonica Newby's method is backed by science and her writing is clear, concise, and engaging. I believe this book has the power to transform lives." - Dr. Rick Hanson, author of Hardwiring Happiness”***

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