

Why Smart People Hurt A Guide For The Bright Sensitive And Creative Eric Maisel

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In "Why Smart People Hurt" Dr. Eric Maisel delineates a number of both external and internal influences on high ability people, providing information about these often subtle influences, and giving suggestions to enhance self-understanding and emotional health to help people more fully use their capabilities, making their lives more creative and fulfilled, to the benefit of others as well as themselves.

Why Smart People Hurt: A Guide for the Bright, the ...

The challenges smart and creative people encounter--from scientific researchers, genius award winners, to bestselling novelists, Broadway actors, high-powered attorneys, and academics--often include anxiety, over-thinking, mania, sadness, and despair. Specifically, the challenges that smart people face, including: - "racing brain syndrome"

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In Why Smart People Hurt, you will find: Evidence that you are not alone in your struggles with living in a world that wasn't built for you or your intelligence Logic- and creativity-based strategies to cope with having a brain that goes into overdrive at the drop of a hat

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Why Smart People Hurt: A Guide for the Bright, the ...

Also in his book Why Smart People Hurt: A Guide for the Bright, the Sensitive, and the Creative, Eric Maisel has a chapter on Thinking Anxiety, which includes these perspectives: "People who perform tasks known to provoke

anxiety are obliged to deal effectively with that anxiety if they want to perform that task well.

Challenged By Being So Smart - High Ability

Why this sucks for smart people: A study, Cognitive sophistication does not attenuate the bias blind spot, done at James Madison University showed that smart people have larger bias blind spots. While smart people are especially bad at accounting for our blind spots we seem to be fairly good at pointing out others' so the solution may be as simple as a peer network to review your mission-critical decisions and work.

20 Notorious Problems of Smart People - Limitless Mindset

Why Smart People Hurt – Trustex Platform – Your Trusted Search ...

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Quotes from Why Smart People Hurt. “Except under dire circumstances or as a day job to support creative endeavors, a smart person is not so likely to want to wait tables, file forms, work on an assembly line, or sell shoes. It isn't that he disparages these lines of work as beneath his dignity; rather, it is that he can see clearly how his days would be experienced as meaningless if he had to spend his time not thinking.”.

Why Smart People Hurt By Eric Maisel - Best Wellness ...

In Why Smart People Hurt, you will find: Evidence that you are not alone in your struggles with living in a world that wasn't built for you or your intelligence Logic- and creativity-based strategies to cope with having a brain that goes into overdrive at the drop of a hat

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Why Smart People Hurt: A Guide for the Bright, the ...

Many smart and creative people experience unique challenges as a result of their valuable gifts. These can range from anxiety and over-thinking to mania, depression, and despair. In Why Smart People Hurt , creativity coach Dr. Eric Maisel pinpoints these often-devastating challenges and offers solutions based on the groundbreaking principles and practices of natural psychology.

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