

The Racing Thoughts Cure

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Synopsis

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Do racing thoughts keep you awake at night? Do you find it hard to focus? Does constant mental chatter hinder your concentration? Do you have difficulty relaxing your mind? Do you feel like you can't control your thoughts? Do you feel like you can't get out of your head? Is your attention span shorter than a gnat with ADD? Do you often feel anxiety, worry, or even panic? Are you constantly thinking about the past or future? Do you find it hard to fully appreciate the moment? Do you feel like you're not in control of your own mind? (Enough questions?)

Ok. Well, I have good news for you. And it comes in the form of this audiobook. *The Racing Thoughts Cure* will help you eliminate (or at least greatly reduce) all of those problems listed above. I've personally experienced all of those problems, and I've kept detailed information on how to overcome them. Everything outlined in *The Racing Thoughts Cure* has worked for me (and those around me), and I'm confident that it will work for you as well. It's the culmination of a lot of reading, experience, philosophizing, and practical solutions. *The Racing Thoughts Cure* is filled with tips, tricks, techniques, and perception-changing information.

Reader's comments

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