

Stop Negative Thinking by Nick Trenton

This **self-help** book teaches you principles of self-acceptance and compassion that can change your life for the better. A behavioural psychologist, author Nick Trenton says you can transform your negative thoughts into a fulfilling, empowering, and positive narrative. Having faced a lot of similar challenges in life, Trenton delves deep into insomnia, heightened reactions, sensitivity and more. The book has actionable techniques that can be used to change what your brain is telling you, and switch it up for a better narrative.

Credit: [Amazon Books](#), [Good Reads](#)