

How to Reduce Negative Thoughts and Rumination

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Synopsis

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How to Reduce Negative Thoughts and Rumination is the guide for the professional who wants to improve their life. Any action requires motivation and the author offers the listener a new perspective to encourage change.

Life for a professional working and living in a competitive urban setting can be stressful. But many are also unaware of how other personal factors increase levels of anxiety and depression. This has a dramatic impact on productivity and it can take a toll on health and relationships.

How to Reduce Negative Thoughts and Rumination

- Describes the processes that reinforce negative thinking and rumination
- Educates the listener on the possible sources of negative thinking
- Provides clear strategies/alternatives to reduce negative thinking
- Encourages self-reflection

Daniele Ascani, LMHC, is the author and co-founder of Rise to Change Your Story LLC, an outpatient mental health private practice based in Manhattan, NY.

Reader's comments

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