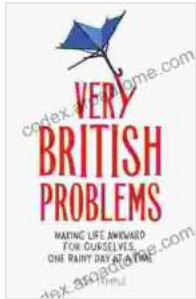


Making Life Awkward For Ourselves One Rainy Day At Time: A Humorous Guide to Overthinking and Self-Sabotage



Very British Problems: Making Life Awkward for Ourselves, One Rainy Day at a Time by Rob Temple

★★★★☆ 4.4 out of 5

Language	: English
File size	: 4006 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 285 pages



Do you ever feel like you're your own worst enemy? Like you're constantly overthinking things, making mistakes, and getting in your own way?

If so, you're not alone. We all do it sometimes. But some of us are better at it than others.

In this book, author Rainy Day explores the art of overthinking and self-sabotage. Through a series of humorous anecdotes and relatable scenarios, readers are encouraged to embrace their inner awkwardness and learn to laugh at themselves.

Chapter 1: The Overthinker's Guide to Success

In this chapter, Rainy Day provides a tongue-in-cheek guide to overthinking. She covers everything from the basics of overthinking to more advanced techniques, such as how to overthink your way into a panic attack.

Readers will learn how to identify their own overthinking patterns and how to challenge their negative thoughts.

Chapter 2: The Self-Sabotager's Handbook

In this chapter, Rainy Day explores the different ways we self-sabotage. She covers everything from procrastination to perfectionism to self-destructive relationships.

Readers will learn how to identify their own self-sabotage patterns and how to develop healthier coping mechanisms.

Chapter 3: The Art of Awkwardness

In this chapter, Rainy Day celebrates the art of awkwardness. She argues that awkwardness is a sign of authenticity and that it's something to be embraced, not avoided.

Readers will learn how to embrace their own awkwardness and how to use it to their advantage.

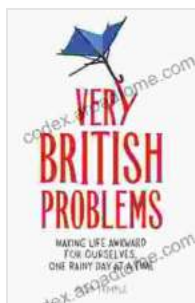
Chapter 4: How to Make Life Awkward for Yourself (And Others)

In this chapter, Rainy Day provides a step-by-step guide to making life awkward for yourself (and others). She covers everything from how to give the perfect awkward compliment to how to start the most awkward conversation.

Readers will learn how to have fun with their awkwardness and how to use it to create memorable moments.

In this witty and thought-provoking book, *Rainy Day* provides a humorous guide to overthinking and self-sabotage. Through a series of relatable anecdotes and scenarios, readers are encouraged to embrace their inner awkwardness and learn to laugh at themselves.

Making Life Awkward For Ourselves One Rainy Day At Time is a must-read for anyone who has ever felt like they're their own worst enemy.



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