

Stop Overthinking Your Relationship: Break the Cycle of Anxious Rumination to Nurture Love, Trust, and Connection with Your Partner

Alicia Muñoz

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Alicia Muñoz's *Stop Overthinking Your Relationship* highlights the problem of relationship rumination—and charts a path toward healthier relationships.

The book focuses on how repetitive negative thinking absorbs too much of the energy and attention that a relationship needs to flourish. Muñoz says that this is a common problem in romantic relationships, but one that is not often discussed. She does the powerful work of helping individuals and couples to recognize the issue, as well as to cultivate the attention and compassion needed for change. Rather than being trapped in neverending cycles of negative thoughts, she shows how to stop thinking about unsettling moments and instead be with them, with awareness and acceptance.

Psychological and counseling concepts are introduced in practical, approachable ways, including pivotal concepts like Speaker-Listener format and attachment style pairing. Onto their foundations, Muñoz builds practical tools that equip individuals to apply what they're learning, including concepts like SLOW (seeing, labeling, opening, and welcoming), a method to grow in awareness and curiosity.

There are both solo and joint exercises included, making it possible to address personal inner growth and build healthy dynamics in a relationship—a vital balance. The book uses real-life examples to flesh out its ideas, as well as checklists, questionnaires, and tables, resulting in deep understanding of the problems named, and of steps toward healing them. Muñoz knows that this kind of change takes courage. Her friendly approach is vital: she portrays a persistent belief in positive change. The result is the compelling gift through which both partners will be able to be themselves, making relationship growth an adventure.

Stop Overthinking Your Relationship is a self-help book that gives couples the power to reclaim their relationships from repetitive negative thinking.

MELISSA WUSKE (July / August 2022)

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