

Book Review Competition 2024-25

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Title of the book : The Art of Not Overthinking: Believing in Yourself and Building Your Dream Life; **Author:** Shaurya Kapoor ; **Publication:** Notion Press ; **Year:** 2024

The author Shaurya Kapoor is a 16-year-old student who recently completed his board examinations. He began writing poetry in the 8th grade, approximately two and a half years ago, and is currently studying in the 11th standard. Beyond poetry, his interests include reading, public speaking, debating, participating in Model United Nations (MUNs), playing football, and gardening. He has a particular fondness for the words “buttercup” and “love.”

“The Art of Not Overthinking: Believing in Yourself and Building Your Dream Life” by Shaurya Kapoor is a concise self-help guide aimed at individuals who tend to overthink, overfeel, overlove, and overinvest in people. Published on October 3, 2024, this 78-page book offers practical advice to help readers build self-esteem, trust their potential, and reduce negative self-talk.

Kapoor’s writing is straightforward and conversational, making complex concepts accessible. The book combines motivational language with clear, practical advice, providing readers with actionable steps to calm their minds and stop overthinking. The examples are super relatable, making readers think, “Yep, that’s totally me.”

In summary, “The Art of Not Overthinking” is a comforting and practical guide for individuals looking to build self-belief and lead a more peaceful life.

THE ART OF NOT OVERTHINKING

Believing in Yourself &
Building Your Dream Life



SHAURYA KAPOOR