

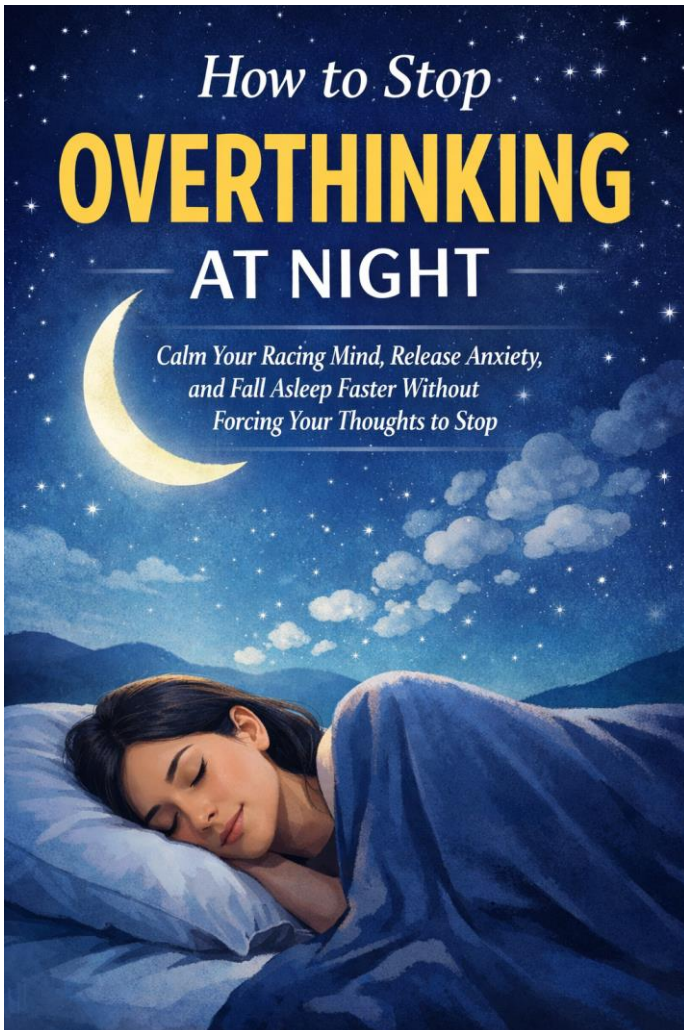
FREE SAMPLE

How to Stop Overthinking at Night

Quiet Your Mind, Break the Thought Spiral, and Finally
Sleep in Peace

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Kavomaz Life



How to Use This Sample

This free sample includes the full Introduction and Chapter 1, plus a short preview of Chapter 2. It is designed to give you a real feel for the book without revealing the core step-by-step techniques in full.

Disclaimer

This sample is provided for informational and educational purposes only and is not a substitute for professional medical or psychological advice.

If you are experiencing severe emotional distress or thoughts of self-harm, please seek immediate assistance from a qualified professional or local emergency services.

Introduction

When the world gets quiet, your mind often gets louder.

This is not a personal failure.

It is not weakness.

And it is not a character flaw.

It is a pattern your brain developed over time.

During the day, distractions protect you. Conversations, responsibilities, screens, deadlines — they all keep deeper thoughts in the background. Your mind is busy responding to the outside world.

But at night, the outside world fades.

There are no notifications.

No tasks demanding your attention.

No conversations filling the silence.

And in that silence, your mind finally has space.

Space to process unfinished emotions.

Space to replay conversations.

Space to imagine future outcomes.

Overthinking at night is rarely random. It is your brain attempting to organize, solve, and protect — all at once.

This book is not about forcing silence.

It is about understanding why the spiral starts — and learning how to gently interrupt it.

You are not broken.

You are not failing.

Your mind is simply doing what it believes keeps you safe.

And when you understand that, everything begins to shift.

Chapter 1

Why Your Brain Refuses to Sleep

Your brain is designed for survival, not silence.

Throughout the day, it constantly scans for unfinished tasks, emotional tension, and possible threats. It tracks social interactions. It replays subtle signals. It anticipates future outcomes.

Most of the time, this system runs quietly in the background.

But when you lie down at night, something changes.

The distractions disappear.

And the brain interprets that quiet space as an opportunity.

An opportunity to process everything it postponed during the day.

Overthinking is often your brain trying to protect you.

It believes that if it keeps analyzing, it can prevent future pain.

If it keeps replaying, it can find the perfect response.

If it keeps anticipating, it can stay one step ahead.

But protection can become overprotection.

And overprotection becomes mental noise.

At night, when there is nothing competing for attention, thoughts feel louder. More urgent. More important.

Your mind is not trying to sabotage you.

It is trying to resolve uncertainty.

The problem is that uncertainty rarely resolves at 1:30 a.m.

So the thinking continues.

And the longer it continues, the more intense it feels.

Understanding this is the first step.

Because once you realize your mind is not your enemy, you can stop fighting it — and start guiding it.

The solution is not control.

It is gentle redirection.

Chapter 2 Preview

The Hidden Triggers That Wake Your Mind

In the full book, Chapter 2 explores the subtle triggers that build quietly during the day and spike at night.

Common triggers include:

- Unresolved conversations
- Emotional exhaustion
- Information overload
- Lingering self-doubt
- Silent internal pressure

These triggers rarely announce themselves.

They accumulate.

And when nighttime removes distractions, they rise to the surface.

In the full chapter, you'll learn how to identify your personal trigger pattern early — so the spiral becomes less likely to begin in the first place.

What You'll Learn in the Full Book

Inside the complete guide, you'll discover:

- How the nighttime thought spiral forms — and the exact moments where it can be interrupted
- Fast, calming “emergency” methods you can use in bed (explained fully in the book)
- A simple nighttime reset routine to lower mental volume before sleep
- How to retrain your relationship with thoughts so they stop feeling urgent
- How to build a calmer internal environment where sleep can happen naturally

This sample intentionally keeps the core techniques brief.

The full book walks you through them clearly and step by step.

Also in the Emotional Survival Guides Series

- You're Not Lazy, You're Avoiding Pain
- You're Not Broken, You're Exhausted
- How to Stop Overthinking at Night

Each book focuses on a specific inner struggle — offering calm, realistic tools for real life.

About the Authors

Morteza Moezodini and Zohre Rahimi collaborate on works that explore emotional wellbeing, inner clarity, and the quiet mental challenges of modern life — including exhaustion, overthinking, avoidance, and emotional overwhelm.

Their writing emphasizes emotional understanding, self-compassion, and sustainable habits that support real life as it is actually lived.

Continue Reading

If this sample resonated with you, the full book goes deeper — with expanded explanations, structured guidance, and complete practical tools to help you calm your mind at night.

You do not need a perfectly silent mind to sleep.

You only need a mind that feels safe enough to rest.

[Find the full book on Amazon \(Kindle & Paperback\):](#)

- **Amazon Kindle:**
<https://www.amazon.com/dp/B0GNTCWWN2>
- **Amazon Paperback:**
<https://www.amazon.com/dp/B0GP6SQSXP>

Find your calm.

Start tonight.