

# Twitter Thread by Philosophy of Mind

Philosophy of Mind

@Phi\_of\_Mind



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(everyday)**

<https://t.co/oMallKjC4n>

<https://t.co/QtRdTfVefU>

<https://t.co/IPoM2kpd31>

<https://t.co/OXZLXPWHdC>

<https://t.co/2146okskrp>

<https://t.co/lquPr3fdJ8>

Unwanted thoughts cause plenty:

- distress
- frustrations

Work on your mental models:

- control the mind
- focus on what matters
- understand how the world works

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— Philosophy of Mind (@Phi\_of\_Mind) [October 6, 2022](#)