



OVERTHINKING STORY BOOK

Read for Calm and Clarity

Read the sentences out loud.

Slowly and clearly.

This is about mental well-being, not speed.

Feel the Rhythm, Feel the Joy

The sentences use gentle rhythm and rhyme.

Read them like a poem or a quiet chant.

Rhythm supports memory, joy, and emotions.



Reflect and Self-Coach

Each page brings one image and one idea.
Pause, think, and ask yourself simple questions.
Use the book as a tool for self-reflection.

Connect and Share

Read together with a friend, partner, or group.
Talk about the ideas and feelings in the book.
Language grows faster when people share.



My mind is loud, it never stops.



Heavy thoughts fall down in drops.



What if this and what if that?



My head feels full, my chest feels flat.



I think too much about the past.



I fear the future coming fast.



Small ideas grow big and strong.



My mind keeps talking all day long.



Take a breath, feel the ground.



Listen to the present sound.



Not every thought is always true.



Let some pass right through you.



Thoughts are clouds that drift away.



They don't have to rule my day.



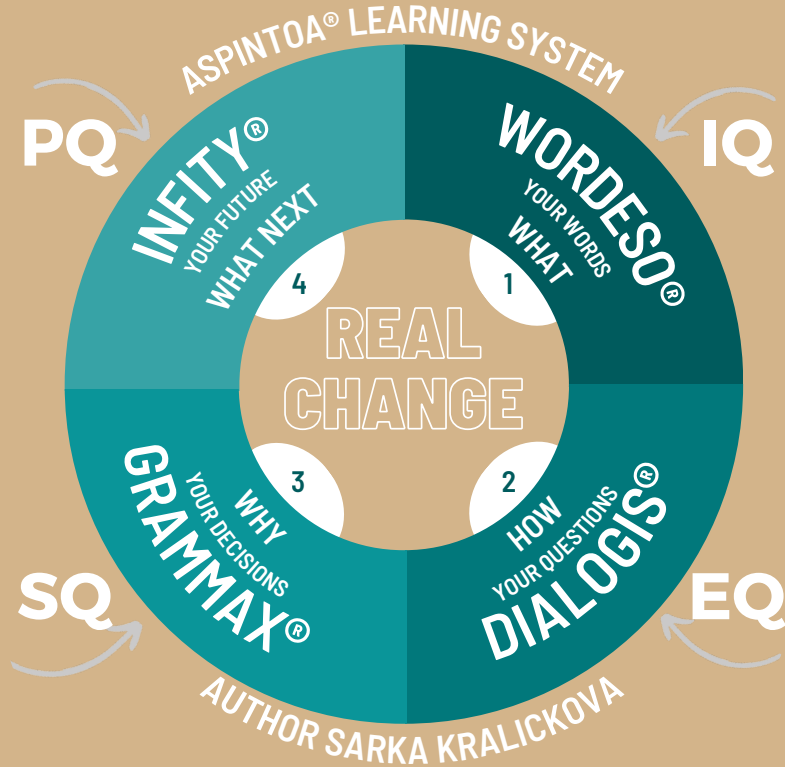
Step by step, I feel more free.



My quiet mind comes back to me.



ASPINTOA®



www.aspintoa.com



ASPINTOA® develops a 4D Lifelong Learning System using a 4-step method. We're here for those who embrace innovation and change. Let's all have the courage to think, speak, change, and lead.



Choose Books in English



Choose Books in Czech





STORY BOOKS

A short rhyming English story book **for teens and adults**.
One image, one sentence, one meaningful idea on each page.
These books support mental health, connection, joy, and deep
thinking. Simple language. Gentle rhythm. Real meaning.



ASPINTOA s.r.o.
Publishing House and 4D Lifelong Learning System
Sarka Kralickova, Phone: + 420 728 926 399,
Email: sarka@aspintoa.com