



# Cutting Thru the Noise – Newsletter Vol. 2

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*Helping You Clear the Mental Clutter and Focus on What Really Matters (Without Losing Your Mind... or Your Car Keys)*

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## **Mental Health & Emotional Clarity**

### ♦ **5 Mental Habits That Keep You Anxious (and How to Break Them)**

If your brain had a hamster wheel, this post is for you. We dig into habits like overthinking, people-pleasing, and perfectionism—and offer ways to shut them down with tools like “decision deadlines” and “kindness over criticism.” Spoiler: you don’t have to fix everything today.

### **Why You Feel Stuck – And What No One Tells You About Getting Unstuck**

You’re not broken—you’re just stuck. And usually, it’s not just your job or your relationship holding you back. This post breaks down what’s really going on when life feels like quicksand and how to take that first small step forward. Bonus: zero self-help clichés.

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## **News, Noise & Media Manipulation**

### ♦ **Creating Chaos: How Distraction Became a Political Strategy (And How to See Through It)**

Why does the news feel like a 24/7 circus? (Minus the popcorn.) This post explores how political drama is used as a strategy to confuse, distract, and drain us. We show you how to spot the signs—and how to keep your cool when the headlines get loud.

### ♦ **Outrage Addiction – Why We Keep Clicking on What Makes Us Mad**

Click. Scroll. Rage. Repeat. Sound familiar? This one's about how outrage fuels our media diet—and why it's so hard to stop scrolling. But don't worry, we won't just rant. We'll show you how to switch from angry to curious without throwing away your phone.

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## Life Direction, Identity & Meaning

### ♦ **Letting Go of the Past: A Guide for Overthinkers**

Still cringing over something you said in 2011? Welcome to the club. This post gives practical tips for ditching old regrets and learning to reframe your past. It's time to stop mentally arguing with your high school gym teacher.

### ♦ **Midlife Identity Crisis or Wake-Up Call? Here's How to Tell**

Sometimes what feels like a crisis is really a signal that something inside you wants to grow. This post helps you recognize the signs—and figure out whether you need a change of direction or just a better pair of shoes.

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## Simplify Your Life: What Really Matters

### ♦ **You Are Not Your Stuff: How to Feel Good Without Relying on Material Things**

We've been sold the idea that happiness comes in boxes. (Usually with free shipping.) This post shows how to shift your focus from collecting stuff to building self-worth that doesn't come with an instruction manual.

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## A Personal Note from John

Hi friends,

Thanks again for being part of this community. I started *Cutting Thru the Noise* because, like a lot of you, I was tired of feeling overwhelmed and under-connected. Between the media madness, life pressures, and that little voice in our heads that never shuts up... it's easy to lose track of what actually matters.

Here's what I've learned: clarity doesn't come from knowing *all* the answers. It comes from asking *better* questions. That's what each post on the site tries to do—offer a moment of reflection (and maybe a chuckle or two).

Big thanks to those of you in the critical thinking meetup group—your ideas, challenges, and encouragement have been awesome. You've helped shape this project more than you probably realize.

If you haven't yet, check out the blog comments, download a free guide, or send me a guest post idea at [cttninfo@gmail.com](mailto:cttninfo@gmail.com). And if you enjoy the content, pass it along to someone else who might need a little clarity today.

Let's keep cutting through the noise—together.

— John

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## In Case You Missed It...

- 📁 Download free guides: [cuttingthruthenoise.com/more/](https://cuttingthruthenoise.com/more/)
- 💬 Join the conversation in the comments on each post
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- 🛒 Support the site: Use affiliate links in the posts to grab recommended books and tools (no fluff, just stuff I actually use)

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## Coming Soon in Volume 3...

- 📌 Why Facts Don't Change Minds (And What Actually Does)
- 📱 How to Stop the Endless Cycle of Doomscrolling
- ☕ The Coffee-Fueled Clarity Routine That Actually Works

Until next time—keep your brain sharp, your inbox clear, and your coffee hot.