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Meditation, mindfulness and other tools can help avoid unwanted thoughts. on *Psychology // October 2011 Monitor on Psychology // Supressing the 'white bears' 1)* initiated an entirely new field of study on thought suppression. which strengthen mental control, may help people avoid unwanted thoughts, Wegner said.

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*How Self-Control Works, Why It Matters, and What You Can Do to Get More of It* Kelly McGonigal in preface to Wegner, D. M. *White Bears and Other Unwanted Thoughts: Suppression, Obsession, and the Psychology of Mental Control*.

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power', and so stands as a key to any other kind of control we might claim to . ologies involve failures in suppression, the occurrence of unwanted thoughts, or Obsession recommends itself, then, as a prototypical failure of mental control .. People trying not to think of white bears in the laboratory can, apparently, get into.

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