



Book Review

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Title : **Think Straight: Change Your Thoughts, Change Your Life**

Author : **Darius Foroux**

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Think Straight by Darius Foroux is a small, thought-provoking book which focuses on a very simple idea: the quality of our life depends upon the quality of our thinking. The book does not promise dramatic transformations or overnight success but points to something more workable—learning how to manage the noise in our mind so that our decisions, actions, and daily habits become more intentional. This book was written in a conversational and personal style and reflects the author’s own experiences with overthinking, distraction, and lack of clarity and thus finds resonance with a wide range of readers.

Foroux argues that most people confuse thinking with worrying or planning with procrastinating. For him, most of what we call “thinking” is just mental clutter: old fears, assumptions, and repetitive thoughts. This book urges readers to question such patterns rather than accepting them as facts. One of the recurring themes is the idea of mental ownership. Foroux believes our thoughts are not passive events; they are choices. He suggests that by being conscious of what our mind is occupied with, we might gradually change non-productive thoughts with more useful ones. He offers some simple exercises to do this, which include writing down recurring thoughts, organizing priorities, and diminishing distractions.

Another important point that Foroux makes is that clarity usually comes after we have begun taking action, not before. He furthers this argument by stating

that people usually wait for the “perfect moment” or the “perfect plan.” Real clarity, on the other hand, comes by doing small things over and over again. This perspective will be of particular benefit to the readers who deal with indecision or feel stuck because they believe that they need more time or information before they act.

The book further expounds on the reduction of mental clutter. Foroux identifies digital noise, superfluous commitments, and constant comparisons among the things that siphon people’s attention. Simplify your environment and learn to say no, he says, and you create room for meaningful thinking and creativity. His tone throughout the book is not judgmental but encouraging, hence realistic rather than idealistic.

One of the strengths of the book *Think Straight* is its simplicity: The ideas are uncomplicated, and heavy terminology is avoided. Because of this, the book is approachable by readers perhaps unfamiliar with either psychology or personal development literature. The examples from his own life add a ring of honesty to the ideas and make them feel far more real, being rooted in lived experience rather than pure theory.

Yet, the book does have some shortcomings. For readers who are searching for scientifically elaborated explanations or extensive research-based arguments, it may appear a bit lightweight. The suggestions are practical, but they rely mostly on personal insight rather than formal evidence. Additionally, some of

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the ideas-like decluttering or reducing obligations-can be more difficult to apply by readers with demanding schedules or many responsibilities. The book touches on these challenges, but it does not delve into them in great detail.

Despite these limitations, *Think Straight* serves as a helpful reminder that clear thinking is an activity. It encourages readers to stop for a moment, listen to their

inner voice, and make room for thoughts that serve their goals instead of those sabotaging them. While the book may not provide detailed mapping, it certainly succeeds in providing a starting point for anyone attempting to achieve better control over their mind and daily choices. Basically, *Think Straight* by Foroux is an easy-read book that illustrates the need for readers to think the way they think.