

Not Broken

Understanding the Modern Mind

OVERTHINKING
SELF DOUBT
FEAR
COMPARISON
FAILURE
PAST
ANXIETY
EXPECTATIONS
EXPECTATIONS
OVERWHELMED
NOT IF?
REGRET



CLARITY



CONFIDENCE



FOCUS



GROWTH



PEACE



PURPOSE

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Not Broken



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Dedication

To every person who has ever sat alone with their thoughts and wondered if something was wrong with them.

To the ones who smiled in front of the world but quietly carried storms inside their mind.

To those who wanted to be happy but could not understand why their thoughts kept pulling them in another direction.

And to the countless people who were never taught how the mind works but kept searching for answers anyway.

This book is dedicated to you.

Because you were never broken.

You were simply trying to understand yourself.

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Acknowledgment

Every journey that leads to a book is never walked alone.

It is shaped by experiences, people, conversations, challenges, and moments that quietly influence the way we see the world.

I am deeply grateful to my parents, whose belief in education and perseverance laid the foundation for everything I have pursued in life. Even though they did not have the opportunity to pursue higher studies themselves, they always encouraged us to dream beyond limitations.

I am thankful to the mentors, teachers, and colleagues who guided me throughout my academic and professional journey in psychology and journalism. Their knowledge, discussions, and insights helped me understand the complexities of the human mind.

My sincere appreciation also goes to the individuals who shared their personal stories and experiences with me over the years. Many of those stories inspired the reflections and ideas within this book. Every conversation, every struggle shared, and every moment of honesty helped deepen my understanding of human emotions.

I am also grateful to the readers who will hold this book in their hands. Your curiosity, courage, and willingness to understand your own mind are what give meaning to these pages.

And finally, I thank life itself — for every challenge, every question, and every moment that pushed me to explore the fascinating world of human thoughts, emotions, and resilience.

Because without those experiences, this book would never have existed.

A Letter to the Reader

Dear Reader,

If this book has reached your hands, there is a good chance that somewhere in your life you have been trying to understand something about yourself.

Maybe you have been asking questions about your thoughts.

Maybe you have wondered why your mind sometimes feels heavy even when everything around you looks normal.

Maybe you have experienced moments when you wanted to feel happy but your thoughts kept pulling you in another direction.

If any of these feelings sound familiar, I want you to know something very important from the very beginning.

You are not alone.

The human mind is one of the most complex and fascinating systems in existence, yet very few of us are ever taught how it truly works. We learn how to solve equations, how to build careers, and how to achieve success, but nobody really explains how to deal with overthinking, anxiety, emotional wounds, or the silent pressure that sometimes grows inside our thoughts.

For many years I observed people, listened to their stories, and experienced many of these questions myself. I saw how easily the mind can create storms even in ordinary moments of life. I saw how people sometimes believe that something must be wrong with them simply because their thoughts feel overwhelming.

But the more I studied psychology and the more real-life experiences I witnessed, the clearer one truth became.

Most people are not broken.

They are simply trying to understand a mind that nobody ever explained to them.

This book was written with that realization in mind.

It is not a book meant to judge your thoughts.

It is not a book meant to tell you that you must become someone completely different.

Instead, it is an invitation.

An invitation to explore your own mind with curiosity rather than fear.

Throughout these pages you will encounter stories, ideas, and psychological insights that might help you see your thoughts from a new perspective. Sometimes the journey may feel

uncomfortable, because understanding ourselves often requires honesty.

But it is also a journey that can bring clarity.

And clarity brings freedom.

If there is only one thing I hope you take from this book, it is this:

Your thoughts do not define your worth.

Your struggles do not define your identity.

Your mind is not your enemy.

It is simply a powerful system learning how to respond to life.

And the moment you begin understanding it, everything begins to change.

Thank you for allowing this book to be part of your journey.

Warmly,

Pradeep Dalal, Author

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