



# Nano Tips to Stop Overthinking with Shadé Zahrai

Course completed by Sepehr Abbaspour  
Dec 26, 2023 at 06:34AM UTC • 7 minutes

Top skills covered

Positive Psychology

A stylized, handwritten signature in black ink, appearing to read "Shea H".

Shea Hanson, Head of Learning Content Strategy



Certificate ID: 647f9b1f355f56d41e4f7150cfd34a1873ae2f2f8a88e642c534c37d10487b2a