

Review of Taming Your Gremlin

"Taming Your Gremlin - A Surprisingly Simple Method for Getting Out of Your Own Way" by Rick Carson
(Illustrated by Novle Rogers)
ISBN 0060520221

www.tamingyourgremlin.com

Taming Your Gremlin ®
Gremlin-Taming ™
Trademarks of Richard D. Carson
Illustration by Novle Rogers ©



This is a fantastic book. If an alien came from another planet and needed a handful of books to find out what it is like as a human being – this would be in his shopping basket! The trouble with that scenario is that the alien would then know more than you do and yet you are a human being!

In “Taming Your Gremlin” Rick Carson exposes and uncovers the most significant reason for human suffering and gives us countless strategies for being one step ahead at all times.

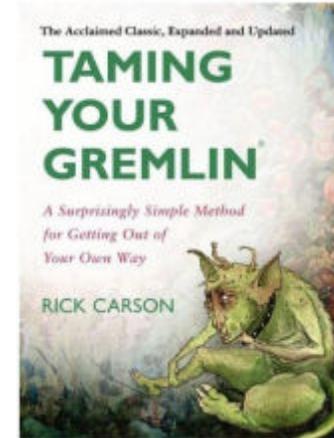
Your Gremlin is the narrator in your head. Simply by noticing your Gremlin you are shining a light on your repetitive and habitual erroneous thoughts. With relaxed detachment and by observing your thinking rather than constantly analysing you no longer need to be imprisoned by your mental chatter. Witnessing the movements of the mind as an independent observer, you realise that you do not have to believe your thoughts – you begin to see how repetitive your thinking can become and how absurd it can be.

Your Gremlin is cunning, it makes things up, fantasizes and draws you into inevitable internal fights – mental torture designed to confuse you into a spiral of depressive thought processes that sap the energy and life from you. When your Gremlin is trapping you it makes you adopt a whinging, poor me attitude, thriving on negativity and leading you into inner turmoil away from the natural you. This can be done so subtly that you start to convince yourself that the ‘natural you’ is what your Gremlin tells you rather than who you really are! In other words your Gremlin is so persuasive that you don’t always know when you are being fooled.

Simply noticing your Gremlin (or internal chatter) is a huge step toward taming it. Fighting your Gremlin is pointless – it is far too shrewd – you need to diminish your Gremlin by shining the light on it, by being aware, by taming it.

If you stop to consider what it would be like if all your thoughts came out of your mouth as they enter your mind you can see how those around you might label you insane! And yet, even though we know others would find our constant internal chatterbox absurd we still listen to it and worse still we believe it!

“Taming Your Gremlin” offers you an inner peace and calm that most humans don’t know exists. I highly recommend this book to you – it will revolutionise your thinking and transform your life.



Review by Paul Foreman <http://www.spiritualinspiration.co.uk>

To see more Mind Maps by Paul Foreman visit the
Mind Map Inspiration Website www.mindmapinspiration.co.uk

and

Subscribe to the Mind Map Inspiration Blog to receive
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Blog at www.mindmapinspiration.com

Mindmaps ® were invented by Tony Buzan

They help us progress from "linear" (one-dimensional) through
"lateral" (two-dimensional) to "radiant" (multi-dimensional) thinking.

For more information see his books and visit the following websites:

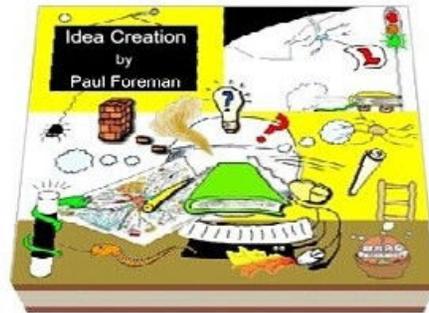
www.buzanworld.com

www.imindmap.com

E-Books available from <http://www.mindmapinspiration.co.uk>

Idea Creation

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Contents

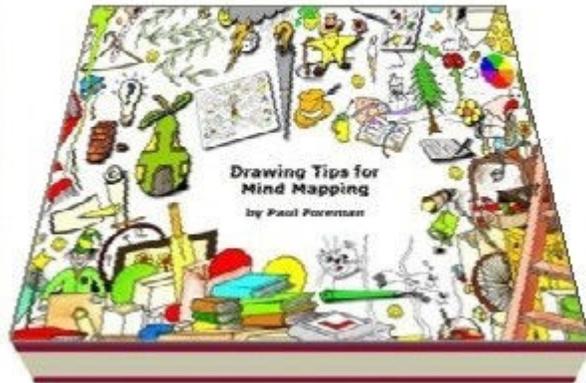
Why simple is often best
Fresh ideas
Use thinking – don't let it use you
Lifespan of an idea
Simplicity of an idea
Everything stems from a thought
Planning ahead and the bigger picture
Sparking ideas
Random thinking styles
Creativity Toolkit
Outside the box outside the box
Ideas don't dry up – thoughts do
Constant Daily Learner
Land of infinite possibilities

Includes the following Mind Maps:

5W1H
Idea Creation
Topical Ephemeral or Practical Immortal
Theory of the Brain
Idea
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Sparking Ideas
What is Original?
Thinking Styles
Thinking styles template
Creativity Toolkit Mind Map
Planetary Thinking
360° Thinking
Creative Focus
Odd Combinations
Thinking outside the Box
Thinking outside the Box Checklist
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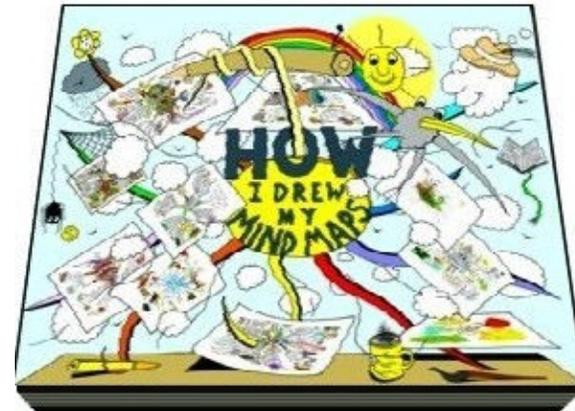


Beginners guide

- Colour wheel and use of colours
- Suggested Equipment
- Drawing Fish
- Drawing Cats
- Drawing Books
- Using Stencils & Templates
- Drawing Hats
- Mind Map Templates
- Drawing Curves & Shapes
- Detailed breakdown of "Fantasy Mind Map"
- Enhancing Creativity through Thought Reduction
- Drawing Speed Tests
- Drawing Faces
- Lettering
- Photo to Cartoon transfer
- Drawing Tips and Tricks
- Doodleboards
- Mind Maps

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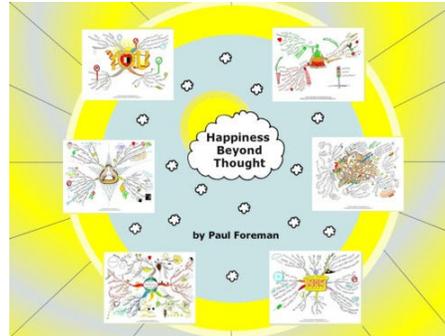
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Stop Thinking
Happiness is inside you
Go Within
Meditation
Organisation – Inner & Outer
Coming back to now (Present Moment Awareness)

Includes the following Mind Maps:

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Stop Thinking Tips
Happiness is inside you
Go Within
Meditation
Organisation
Present Moment Awareness
Positive Acronym Your Name
Letting Go
Plus a Bonus Mind Map

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Choice Maker Blank Version

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Theme Maker Game Board

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Outline your personal favourites for a snap shot of your unique personality

Bonus Mind Maps

Two Bonus Mind Maps

**Mind Map Game Board Image Set
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You can print the images out in whichever size you wish and even laminate them for longevity