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Taming Your Gremlin: A Surprisingly Simple Method for Getting Out of Your Own Way

Rick Carson

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This is a completely updated edition of the 1983 classic that introduced a powerful method for gaining freedom from self-defeating behaviors and beliefs. Rick Carson, creator of the renowned Gremlin-Taming™ Method, has revised the book to include fresh interactive activities, real-life vignettes we can all identify with, and new loathsome gremlins ripe for taming. Carson blends his laid-back style, Taoist wisdom, the Zen Theory of Change, and sound psychology in an easy-to-understand, unique, and practical system for banishing the nemesis within. Among the things you will learn are:

- Techniques for getting a sliver of light between the *natural* you and the monster of your mind.
- The extraordinary power of *simply noticing* and *playing with options*.
- Six keys to maintaining emotional balance amid upheaval.

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