

TAMING YOUR GREMLINS%0A

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[Taming Your Gremlin Book Review - Life Coach Recommended](#)

how to simply notice (become centered and aware), choose and play with options (experiment with new approaches to get out of your own way) and be in the process (knowing that Gremlin-Taming is a lifelong practice and there is no finish line).

[Taming Your Gremlin Actionable Books](#)

"Like it or not you are, indeed, in charge. And if that realization has not left you shaking in your boots, then you have not fully had it." - Taming Your Gremlin, page 129 I have a confession to make. Before I picked up Taming Your Gremlin, I had never read a self-help book before. I was a total

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Your gremlin is the source of your negative thoughts and he (or she or it) uses some of your past experiences to influence your attitude and behavior. Your gremlin can appear to be your best friend and advisor or your most ill-intentioned enemy .

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