

# 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](http://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.

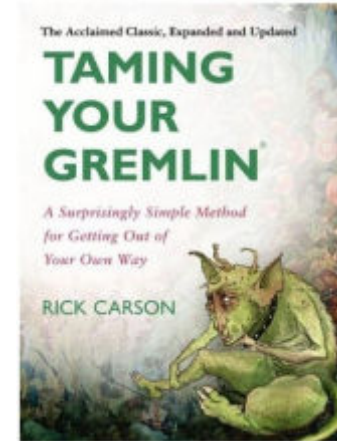
Your Gremlin is the narrator in your head. Simply by noticing your Gremlin you are shining a light on your repetitive and habitual erroneous thoughts. With relaxed detachment and by observing your thinking rather than constantly analysing you no longer need to be imprisoned by your mental chatter. Witnessing 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](http://www.mindmapinspiration.co.uk)

and

Subscribe to the Mind Map Inspiration Blog to receive  
new Mind Maps, plus creativity and drawing tips.

Blog at [www.mindmapinspiration.com](http://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](http://www.buzanworld.com)

[www.imindmap.com](http://www.imindmap.com)

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

## Idea Creation

101 Page E-Book £7.95



In this E-Book I share how I create ideas and help guide you towards the land of infinite possibilities.

**Never be stuck for an idea again!**

### **Contents**

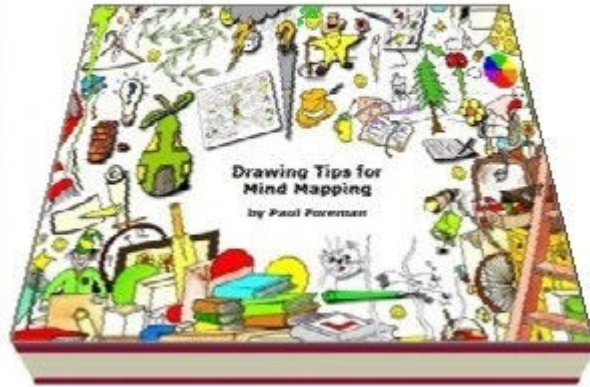
Why simple is often best  
Fresh ideas  
Use thinking – don't let it use you  
Lifespan of an idea  
Simplicity of an idea  
Everything stems from a thought  
Planning ahead and the bigger picture  
Sparking ideas  
Random thinking styles  
Creativity Toolkit  
Outside the box outside the box  
Ideas 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  
Planning Ahead and the Bigger Picture  
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  
Curious Brain  
Constant Daily Learner

## Drawing Tips for Mind Mapping

110 Page E-Book £5.95

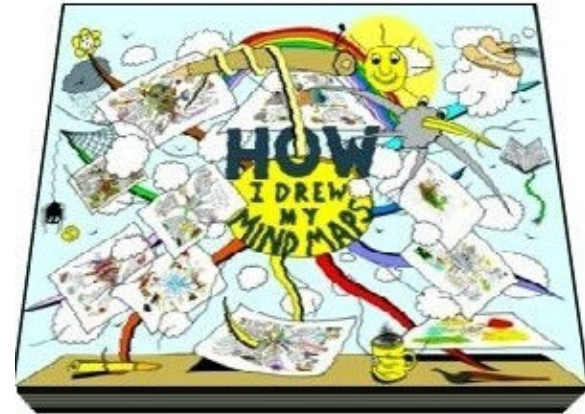


Beginners guide

- 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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- Image placement
- Detailed image analysis
- Illustration walkthrough step by step
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- Idea generation
- From a simple line and curve to an image
- Overlap and 3D
- Plus a few surprises!

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How to stay in the present moment

How to let go, find simplicity and  
transform your life for good

Simple tips and strategies for  
a harmonious and stress-free life

**Includes:**

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

**Includes the following Mind Maps:**

Happiness is your primary state  
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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**Positive Thinking Game Board**

Enhance your mood and create a positive thinking environment with the Positive Thinking Game Board

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Create ideas and storylines from the images within the 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  
(8 Individual Large Size JPEG Images)**

You can print the images out in whichever size you wish and even laminate them for longevity