



# **A Master Class in Gremlin-Taming(R): The Absolutely Indispensable Next Step for Freeing Yourself from the Monster of the Mind**

*Rick Carson*

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## **A Master Class in Gremlin-Taming(R): The Absolutely Indispensable Next Step for Freeing Yourself from the Monster of the Mind Rick Carson**

Rick Carson's *Taming Your Gremlin*® has helped hundreds of thousands of people combat the inner saboteur lurking in the recesses of every human mind. Now Rick takes you to the next level by revealing new ways to escape your gremlin. Rick shows how to access the "natural you"—a place of clear feelings and pure potential. He also shares his powerful I CREATE method: seven keys for creating rewarding relationships, which our gremlins love to mess with. With wit, wisdom, and plenty of real-life vignettes, Rick helps gremlin-tamers at all levels give gremlins less than the time of day.

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