



# Shut Your Monkey: How to Control Your Inner Critic and Get More Done

By Danny Gregory

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## Shut Your Monkey: How to Control Your Inner Critic and Get More Done

By Danny Gregory

Hear that voice inside your head?  
The one that nitpicks all your new ideas?  
That's your monkey.

This hypercritical little critter loves to make you second-guess yourself. It stirs up doubt. It kills your creativity. But it can be stopped. And acclaimed author Danny Gregory is here to show you how.

After battling it out with his own monkey, he knows how to shut yours down. Gregory provides insight into the inner workings of your inner critic and teaches you how to put it in its place. Soon you'll be able to silence that voice and do what you want to do--create.

Now follow his lead and *Shut Your Monkey*.

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## **Shut Your Monkey: How to Control Your Inner Critic and Get More Done By Danny Gregory Bibliography**

- Sales Rank: #46876 in Books
- Brand: HOW
- Published on: 2016-03-15
- Released on: 2016-03-15
- Original language: English
- Number of items: 1
- Dimensions: 8.44" h x .50" w x 5.50" l, .0 pounds
- Binding: Paperback
- 160 pages

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### Editorial Review

#### Review

"It's well written, totally relatable...and it really puts out a message that empowers you to give everything your all rather than listen to that Monkey in your brain that's getting in your way.... I found that this book did an absolutely wonderful job of being both informative and understanding in its message." --The Topsy Writer

"Refreshing... Gregory writes in a no-nonsense, straightforward tone that sets it apart from books that coddle you through the truth. If you're willing to put in the work, then *Shut Your Monkey* can change your life. So keep a copy wherever you do your most creative work. It'll be there when you need it." --Superhero You

#### From the Author

*Shut Your Monkey: How to Control Your Inner Critic* is about that pesky voice in your head that prevents you from expressing yourself creatively. It whispers in your ear and derails your career plans, sabotages your work before it's completed, makes you overreact and misbehave.

In my new book, I explore the impact that voice has on your work, your life and your happiness. I explain its origins and discuss various strategies for keeping the inner critic at bay. And finally I take you through a strategy to not only quiet the voice but liberate yourself so you can do the work you were born to do, the work that will define your life and help the world.

*Shut Your Monkey* is based on 30 years of experience as a creative professional and the input of hundreds of other people whose lives have been impacted by the voice in their heads.

This funny, wise book will help you fight back and finally achieve your best.

#### About the Author

**Danny Gregory** has spent three decades as one of New York's leading advertising creative directors and has created award-winning, global campaigns for clients like Chase, JPMorgan, American Express, IBM, Burger King, Ford, Chevron and many others. Danny has written many internationally best-selling books on art and creativity. He is also co-founder of Sketchbook Skool, an online creativity school that has inspired tens of thousands of students around the world. He is a frequent speaker on creativity at schools and corporations around the world. For more, visit [dannygregory.com](http://dannygregory.com).

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