



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

*Danny Gregory*

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