



## TAMING YOUR GREMLIN: A Guide to Enjoying Yourself

By Richard David Carson; Novle Rogers

HarperPerennial/Harper Collins, New York, NY, 1990. Soft Cover. Book Condition: NEW. Novle Rogers (Illustrator) (illustrator). First Edition 26th Printing. BRAND NEW COPY w/a whisper of edge wear to softcover. Gremlins, in traditional lore, are trouble causing mischievous sprites. Gremlin-Taming is guide to freedom from tormenting, debilitating thoughts inhabiting the mind that have no foundation --- such as those that tell you that you are unable, unworthy or incapable of enjoying your moment in life. 8 chapters: 1, Introducing the Book, Me, You & Your Gremlin; 2, More About Gremlins; 3, Simply Noticing; 4, Choosing & Playing with Options; 5, Being in Process; 6, For Kicks; 7, The Pleasant Person Act; and 8, A Final Word.

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