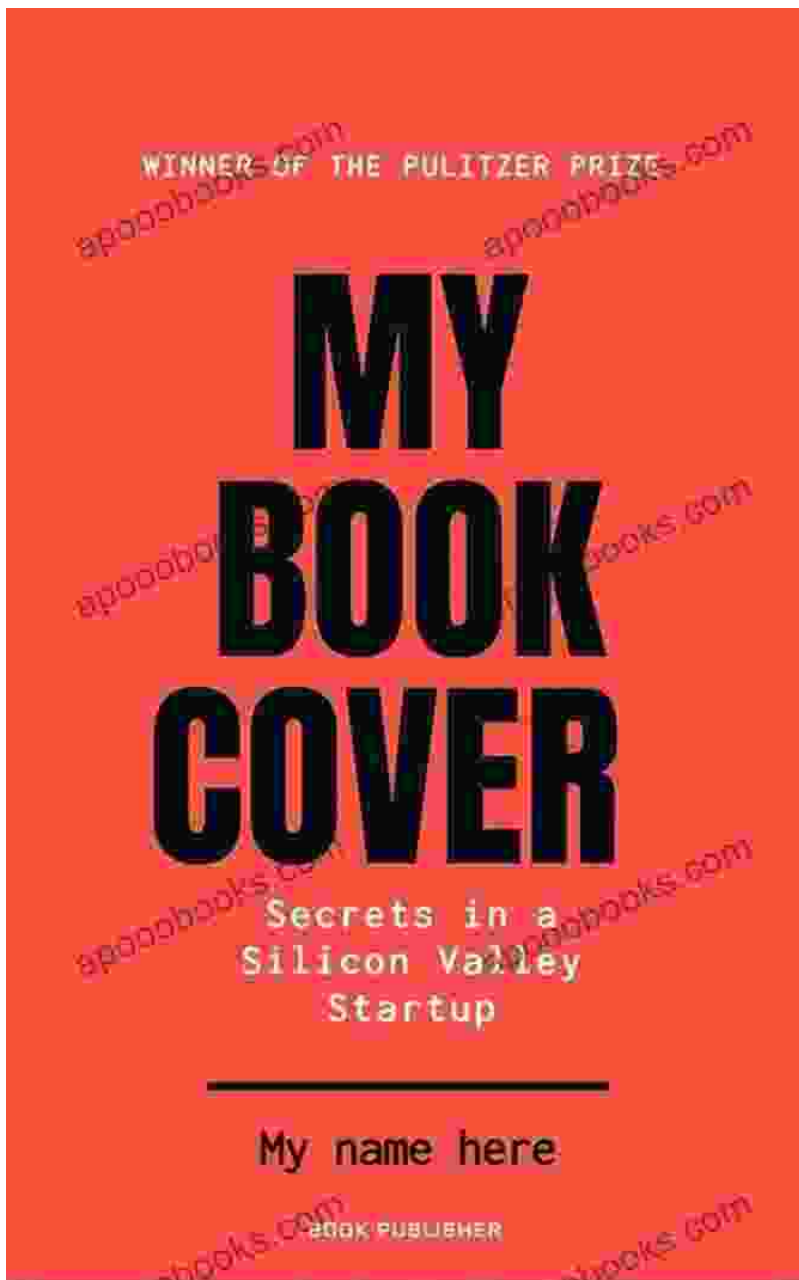


Yes, It's You: Everything You Need to Know About Your Inner Critic and How to Silence It



Yes, It's You by Sarah Giles

★★★★★ 5 out of 5

Language : English

File size : 266 KB

Text-to-Speech : Enabled



Enhanced typesetting : Enabled
Print length : 34 pages
Lending : Enabled
Screen Reader : Supported



By Sarah Giles

Do you ever feel like there's a voice inside your head that's constantly criticizing you? Telling you that you're not good enough, smart enough, or pretty enough? If so, you're not alone. This inner critic is a common experience, and it can have a significant impact on our lives.

But what if I told you that your inner critic isn't real? That it's just a collection of negative thoughts and beliefs that you've picked up over the years? And that you have the power to silence it?

In her book, *Yes, It's You*, Sarah Giles explores the nature of the inner critic and provides practical tools for silencing it. She argues that the inner critic is not a part of us, but rather a collection of external voices that we've internalized. These voices can come from our parents, teachers, peers, and even the media. Over time, these voices can become so ingrained in our thinking that we start to believe that they're our own. But the truth is, they're not. We have the power to choose which voices we listen to, and we can choose to silence the inner critic.

Giles provides a variety of exercises and techniques for silencing the inner critic, including:

- Identifying the triggers that activate your inner critic
- Challenging the negative thoughts and beliefs that your inner critic tells you
- Developing a more compassionate and understanding inner voice
- Practicing self-care and setting boundaries with yourself and others

Yes, It's You is an essential read for anyone who wants to silence their inner critic and live a more fulfilling life. Giles provides a clear and concise explanation of the inner critic, and she offers practical tools for silencing it. This book will help you to identify the triggers that activate your inner critic, challenge the negative thoughts and beliefs that it tells you, and develop a more compassionate and understanding inner voice.

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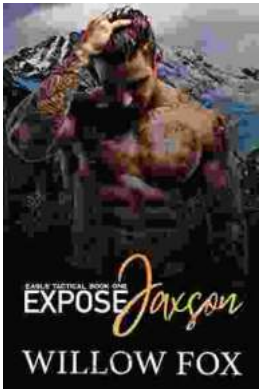
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