



# At Left Brain Turn Right: An Uncommon Path to Shutting Up Your Inner Critic, Giving Fear the Finger & Having an Amazing Life!

By Anthony Meindl

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15 weeks and 25 ways to unleash your inner Brando, Einstein and Shakespeare. The most successful and creative people in the world don't possess anything different than you. They have no magic formula or special secret. They've simply prevented the left hemisphere of their brain - the 'logical,' analytical side - from sabotaging their life. Whether you're a ballerina or banker, accountant or actor, At Left Brain Turn Right shows you how to silence the noise of your left brain, ignite your creative side, and live the life you've always imagined. Using relatable no-nonsense stories from his own creative journey, Anthony Meindl guides you from the left brain to the right to realize your own full creative potential.

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### **Editorial Review**

#### **About the Author**

Anthony Meindl is an award-winning writer/director/producer, creativity expert, inspirational speaker, and artistic director of Anthony Meindl's Actor Workshop (AMAW) with studios in Los Angeles, New York, London, Vancouver, and Sydney. AMAW was honored by Backstage four years in a row and named the Best Acting Studio in Los Angeles (Best Scene Study and Best Cold Read). Meindl is a guest teacher at David Lynch's Masters in Film Program, was a panelist at the GATE Story Conference founded by Jim Carey and Eckhart Tolle, and a guest speaker at the Association of Transformational Leaders (ATL) conference alongside Neal Donald Walsch (Conversations with God) and Jack Canfield (Chicken Soup For The Soul). Meindl is known for teaching the new generation of Hollywood stars led by Golden Globe Nominee Shailene Woodley (Divergent). He is a contributor to the Huffington Post, and Backstage. He is the author of the Amazon.com best-selling creativity book At Left Brain Turn Right, and his new book Alphabet Soup For Grown-Ups is available now. His first feature film, Birds Of A Feather, can be seen on iTunes, VUDU, Playstation, and Xbox, and his second feature film, The Wonder Girls, is in pre-production.

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