



## **Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life**

*Lisa Esile , Franco Esile*

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## **Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life** Lisa Esile , Franco Esile

Most of us spend our lives trailing after our minds, allowing our brains to take us in directions that are safe and secure, controlled and conformed. Your mind doesn't want you to take that new job, sign up for that pottery class, or ask someone out. It wants you to stay unemployed, unfulfilled, and single because it enjoys routine and is resistant to change, no matter how positive the change may be. But more often than not, that's not what you want.

*Whose Mind Is It Anyway?* will help you learn how to separate what you want from what your brain wants and how to do less when your mind is trying to trick you into doing more. In a colorful, funny, and nonthreatening way, it answers the difficult question of how we can take control of our self-defeating behaviors. Filled with charming illustrations, this book will be the friendly voice in your head to counter your negative thoughts, and it will teach you how to finally be at peace with all that you are.

## **Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life Details**

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## From Reader Review Whose Mind Is It Anyway?: Get Out of Your Head and Into Your Life for online ebook

### Leia says

This book consists of sloppy-ish but tasteful pictures along with grungy short hand explanations. It does an outstanding job illustrating how the mind is both the answer to our problems and the reason for a lot of our anxiety (that troublemaker!). Also the format of this book reminds me of the "Wreck It Journal" from UO. Every time I skim through and reread the book I feel like it helps me understand my thought process better or enough to maybe rearrange some of my faulty beliefs or clean out my "mind drawer" (like when it's tangled up like my earphones or when it's full of spiders!). Finally, at the end of book there's a link to the authors' website francoandlisa.com where I got a cool ebook version of their second guide about living more mindfully. I recommend this book for both kids and adults.

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### Simsim ? says

Very entertaining and exceptional art style coupled with wisdom ??

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### Geoff says

**My Recommendation:** Check it out! It took about 20-30 mins to read through the whole thing and there were some great tips and tricks on centering yourself. It's a refreshing and lighthearted take on an oft-visited subject that could easily have become trite or dreary.

**My Response:** Sometimes you need to be reminded that you don't know everything and this is one of those instances. It legitimately, is a book telling you not to always believe what you're mind says, but to take time out and look at it from a different perspective (aka your heart) and to see what else is going on.

This isn't one of those books I would pick up and buy for myself or even as a gift, but it's one of those books that everyone would (or really should) read if they stumbled across it. I know if I saw it on a coffee table or in a bathroom (see photo of illustration below), I would flip through it. The publicist for the novel sent over a copy for me to check out\* and it was a quick, fun and quirky read. I'm definitely going to have to check out the author's website to see what other fun things they get up to.

[Click here to continue reading on my blog The Oddness of Moving Things.](#)

\*I received a copy of this novel from the publicist in return for my honest opinion. No compensation was received.

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### Ashley says

I won this book through Goodreads giveaways. It's a cute concept and a very easy read, yet the information

is simple to understand and makes you think. I passed this book onto someone who's mind is controlling her happiness, and I hope it opens her eyes like it did me! Thank you for this book.

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### **Sean Casey says**

This is a very quick read but "truthy" (thank you Mr Colbert!) and insightful at the same time. I read it to see if it would be a good book for my daughters, and I'm definitely going to have them read it to help them navigate uncertainties and social pressures and other fun teenage stuff!

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### **Kate says**

This book is about the ways in which your mind operates. The information is presented in a very accessible format.

When you have the book, keep it close and re-read it when you're having a bad day. Let it remind you that bad days are not inevitable! If you enjoy yoga, which encourages finding space on the mat, you can be one of the many different types of people this book will appeal to. Authors Lisa and Franco Esile want to encourage you to find space as well, except their message is that you can find space from your thoughts at any time! This book is their passion project to remind you of this again and again.

Just knowing something, even reading it a few times, is not the same as living in accordance with your newfound knowledge. You have to work on it and with this self-help illustrated book, you just might discover freedom. After following Lisa's blog for over 2 years I was thrilled to receive a copy of this book\*\*. I was already loving Lisa's blog, emails, and ebook but a physical book is the perfect extension of this message. It's about a 15 minute read cover to cover, I timed myself, and filled with cute drawings by the authors! The illustrations in this book are silly, which is great because they help you get through some annoying facts.

One of my favorite annoying facts from the book is "The [mind's] need for predictability is why people repeat old habits over and over again even though they might be painful." Doesn't that just make you mad? If so, that is normal. You'll learn about why in the book and get to throw a metaphorical punch at the authors. I enjoy how this illustrated scenario follows learning that "Stress is a choice."

This books information is as relevant today as it was when Lisa first started sharing it on her blog [lisaesile.com](http://lisaesile.com) and I believe it will continue to be relevant for decades to come. One of Lisa's works, an ebook about the mind, has been downloaded by over 10,000 individuals, myself included. The common quest? Discovering how to be okay. The book "Who's Mind is it Anyway?" does show how this can be achieved. I am looking forward to gifting a copy to one of my friends and sharing it with others.

\*\*I have received a free copy of this book in exchange for an honest review, as the authors welcome both positive and negative feedback.

First Posted on Amazon

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## **Donna O'Neil says**

"Whose Mind Is It Anyway?" is a must-read for everyone! The engaging graphics, the soothing tone of the text and the message is a comforting boost to anyone, no matter if they are in a good place or not.

As I read this book I felt like I was having a conversation with a best friend. And I kept reading because I wanted the conversation to continue. The message is encouraging and engaging. I recommend this book to anyone who can read.

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## **Miss Ca says**

### **The best!**

Just finished this treasure. In the past I have done so much in regards to mental wellbeing. This is the best book I have read. It is so easy, friendly, charming and above all makes the complicated issues easy to understand. Thank you Lisa and Franco. Definitely recommend it and I will always be coming back to it.

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## **S.d. Lawson says**

A very cute, cartoon book with some very helpful advice. Simplified but not overly so, concise enough to read in one sitting with the art that adds clarity in some areas and amusement in all. I will reread this book many times over and have bought copies for a few of my friends/family.

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## **Missy says**

Good book, very easy to read and the adorable graphics make it easy to relate to.

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## **Natalie says**

I'm generally quite averse to anything that seems like a self-help book, but I would recommend this to anyone. It made me laugh, sigh, think, and cry in the roughly 20 minutes it took to read.

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## **Amy says**

A great quick read!

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### **Tarynn says**

The illustrations in this book are super adorable, which is why it caught my eye. However, the topic just happened to be perfect for me at this time in my life. I've been trying a lot lately to stop listening to all the negative thoughts in my head, and this book just helped reassure me, as well as give me other ideas to keep my mind under control. Overall, a very short and good read.

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### **Anton says**

Like this book very much. It is wonderfull reminder of 3 principles or this is very good reminder of Byron Katie's question "who woud you be without your story?". But this book is in the same time simple, and funny and insightfull. Woud like authors will make some more books in this funny childish way. It is very helpfull when I start to take my thoughts serious. Thanks!

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### **Geraldine says**

I loved the whimsical cartoons and the direct messages. I was a bit skeptical to start it with all sorts of self-help and inspirational books I've read in the past, I thought this would be just another to add to my bookshelf. I was wrong. The messages are short and sweet and cute so much that I just enjoyed it that much more and the words stuck. You will enjoy it. I got it as a gift from my b.f. and she had loved reading it as well.

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