

# Shut Up

and  
Listen to  
Yourself

Joshua  
Estrin

MS/LCSW/Life Coach

“

*He told me the answer was to SHUT UP! I told him to go !@#. Then to make him look silly, I tried it.*

*Now I have a new job, and a completely new respect for my own inner intellect. I am my own expert now!*

”

**Cindy-Executive Assistant**

## CHAPTER ONE

# *Shut Up! and Let's Get Started*

I can almost imagine what you're thinking right now: "What a horrendous name for a book!" "Who is HE, to tell ME to SHUT UP?"

So many of us have not waltzed effortlessly with this phrase. Instead, we have been dragged across the dance floor or humiliated as we are left alone with an empty dance card to hold up the wall.

So, we hear "Shut Up!" and we might just have a reaction ... "It's alive!"

- "Shut Up, that is a stupid idea..."
- "Shut Up, you're not important..."
- "Shut Up, you're wrong!"

And the one that takes the golden cow pie award:

- "Shut Up – you have no idea what you're talking about!"



The lyrics may change, but the melody is all too familiar. So, why don't you simply take a moment to admit it hurt(s). I don't care how "manly a man" you may be or how high a wall you might have built up around you, no one likes to be called "stupid" and no one likes to feel unimportant. But, now take another moment to decide if it is true. If not, let it go. But also realize in the process of letting go, you just might feel something and it's OK to feel. It is not easy, but unlike breathing and having a pulse, it is the only way to prove you are not just alive but living consciously. So it appears, my dear new friends, we are already at a crossroads of sorts, and I believe a reunion is in order. Let me be the first to officially

### **WELCOME YOU BACK TO THE HUMAN RACE: YOU HAVE BEEN MISSED!**

Are you feeling daring? Really? OOOH good! Then I "double dog dare you" to allow me to introduce you to something and someone very exciting. This is someone you have known all your life, yet you may never have realized how dynamic s/he truly is or can be...

Despite the title, this book is not about cutting you off or shutting you down. Instead, it's about using the silence that is at your disposal when you choose to SHUT UP! and listen to it.

SHUT UP! is driven by my passion to help you feel better, work more effectively and efficiently and begin to truly honor and trust the expert that resides within you. So male or female, young or old, gay or straight, this will work because YOU choose to let it. There are no bells, no whistles, no fancy or expensive equipment to buy, just you, me and YOUR LIFE. And please realize, the only reason I am asking you to SHUT UP! is because when I let stillness speak, my world exploded in a million different directions and colors and pieces. I woke up and broke out of the mold. This book flowed from me, hot and joyful and delicious, as I learned writing helps me see through the clutter to find answers. But, when stillness speaks, the lessons are life-altering, and with change comes a price. Take a moment to ask yourself a very important question: "Am I ready to change?" The only way to pass the test, and have a full



and fulfilling life, is to take the test. Therefore, if you are not ready, then RETURN THIS BOOK IMMEDIATELY. Don't waste your time or money, as they are both far too precious. If you are ready, then here is your first assignment:

### *Assignment*

**Take a deep breath and take stock of what your life is like at this very moment. Pay attention to all the details. Now take another moment to write down a description of your life as is. Now date the list and seal it in an envelope. Make an ACTIVE commitment to place it in a safe place (and remember where you put it) and, in exactly one year, break the seal and revisit your past. You will amazed at how much you have accomplished!**

So, I think it is just about time for a reality check. You've survived the name, and you understand part of the reason why I chose it.... (marketing) I also hope that you have begun to realize that I take change and success very seriously. As an aside, despite what you may have read or heard before about self actualization, THERE IS NOTHING WRONG WITH BEING SUCCESSFUL and enjoying everything that goes along with it, material or otherwise. That is why I believe the most loving thing I can say to you is SHUT UP! Because in reality I know you, you are just like me! How many of you would listen if I asked you politely, like my mother taught me, to "Please be quiet." Would I get your attention? NO!

But promise me you will not use this book or the *Shut Up!* philosophy as just another excuse to beat yourself up or tear yourself down. Please, don't be too hard on yourself, it takes time to rinse off your past. But what you can do is go out and buy the biggest cake of soap you can find, because it is about time you worked up a lather!



Therefore, I say with humor, without apology, and most of all with love, SHUT UP! and listen: not to me, or any other so-called authority, but to the real expert in matters of self, YOU!

My promise to you is that throughout these pages  
I will teach you how.



# Shut Up and Listen to Yourself!

*“With compassion and humor, Estrin empowers his readers to make it happen and not just talk about making it happen.”*

**Bruce Braffman, MD**

*“Shut up and listen!! I repeat, SHUT UP AND LISTEN!!!!!!!!!!!!!!  
Learn something different but important... YOU ARE YOUR  
OWN EXPERT, DOLL!! Move over Oprah, move over  
everyone...This guy needs a talk show!”*

**The Lady Chablis**

*Star of Midnight in the Garden of Eden and  
one of Savannah Georgia's national treasures*

*“Joshua Estrin has put the ‘self’ back in self-help with his unique  
approach. Think about it: what better way to live the life you really  
want than to listen to the true expert in YOUR own life-You? No  
excuses. Just SHUT UP! and read this book. It will change your life.”*

**Stephanie Young**

*Health Director, More Magazine*

*“No one tells me to shut up...NO ONE! But he did, and he survived and I  
listened. Just buy the book, make it your first move to ACTION and then  
hold on for a heck of a ride.”*

**Gregory H. Roth, CFP**

*Senior Vice President, Investments, Smith Barney*

*“What ever possessed a nice girl from Texas to listen to some crazy Yankee?  
But I attended his seminar and it redefined and refocused my life. I am a  
Actress and Singer and yet he told me to Shut up? In the silence I found I was  
yelling, “Bravo” for myself for the first time in my life! Read it, live it, eat and  
breathe it. He touched my soul and tickled my funny bone. If only he wasn't  
from the North.”*

**Christine Hudman**

*Star of Broadway's Grease and the Full Montey*

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