



At Left Brain, Turn Right

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.

www.atleftbrainturnright.com

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At Left Brain, Turn Right Details

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From Reader Review At Left Brain, Turn Right for online ebook

Melissa Gans says

Don't get sucked in like I did by all the glowing reviews! I'm so sorry that I spent money on this book. It's going into the trash. The advice is not that different from suggestions made in the Artist's Way series (go without distractions, visualization, meditate, etc.) I wouldn't have minded the similarity if the writing was on par with those books. Instead, there are several typos, poorly constructed sentences, lots of fragments, Arbitrary Capitalization (see what I mean? I'm showing, not telling) and uninteresting stories. Do you need a collection of celebrity quotes and anecdotal drivel? This book's for you.

"Homework, Week 4: This week, when you have an instinct, act on it. Don't wait."

Done!

Mugren Ohaly says

This is nowhere near what I thought it would be. Extremely disappointed. It's all a bunch of common sense that we just fail to put into practice. And, what's with all the 'acting' examples? It's basically an artsy-fartsy "The Secret".

Danielle says

excellent ideas and inspiration to turn off the negative ego, and self limiting thoughts and feelings. The boom made me feel good about being me and boosted my confidence where needed.

I stopped reading all of the highlighted quotes and didn't feel like I missed out on anything. I didn't read one chapter and do homework per week. I just ploughed through the book and did abbreviated versions of the homework or will go back and do them later.

Fred Gorrell says

This is a good self-help book. I don't often read in this genre. It came up in a list of books about brain research somewhere; the description was intriguing as it spoke to *using* brain research to enhance creative thought. Somehow my brain connected something I'd just seen about Daniel Kahneman's work with something about fMRI work, and I formed the impression that this would be a book that described techniques one could use to push thinking processes into the right hemisphere on a thought-by-thought basis. Some fMRI work suggests that "dyslexic" readers are slow in part because their brains route from left to right hemisphere to decode new words; I have seen that people self-identified as dyslexic often have a capacity to tap into original, disruptively transformative thoughts; it was my hope this book would talk about how to turn on and off at will, transfers between hemispheres. In retrospect, it seems obvious there would have been a bit more buzz around the book if someone had figured that out (and the person who figured that

out might not have had the time to write a book about it).

The book is nothing like that, and upon taking the time to look at it more closely, it does not represent itself to be a discussion of academic work per se, though it relies on both research and faith/philosophy as the underpinnings of its message. It is written in the voice of a friend and mentor giving what is consistently sound advice to someone who wants to improve personal efficacy and find happiness. The author ventures into explanations of how the universe works that are more grounded in faith than in research, but after setting that background, he consistently recommends techniques which have been demonstrated through research to be effective ways of influencing the type of energy brought to bear on perception and decisions, to improve efficacy. In this, the book is not unlike historical fiction, where we understand that while the story of the character we are reading about may be fictional, there are significant elements of the setting and action that are true.

The advice offered in the book is similar to the message shared by executive/business coaches and peak performance consultants for athletes. While I was looking for transactional techniques, the book describes how to change the way you live your life in order to refocus your energy. While the backdrop of faith-based ideas ("the universe sends energy to you...") may be a distraction for many readers accustomed to more rigorous academic and journalistic styles, the book can be read for its recommendations instead of its explanations. The recommendations are consistently sound and valid. I can vouch from experience: when I heard and embraced many of these ideas some years ago in a "peak performance for business" course, my job performance improved dramatically and quickly, as did my satisfaction and happiness. They don't make life perfect, and it is always useful to review, renew, and reflect (among the recommendations made), but these same ideas come up again and again, and they produce results when they are embraced and practiced.

Steven says

I received this book for free from the Good Reads First Reads program.

How do you write a quick review on a book that is designed to take 15 weeks to complete? I decided to read straight through the book and look at the text and activities through an adult education lens. The book does a great job of reinforcing concepts with weekly activities. The concepts and activities also build on each other as you work toward the goal of freeing up your creative forces by reducing the influence of your left brain and focusing more on right brain activities.

I really enjoyed the wide range of quotes that were used in the book. There were also some great personal stories. I especially like the account of the author running the hurdles. It brought back some nice memories of track meets and competing not only as an individual but also as a team.

I have seen and tried variations of some of the weekly activities in the past, but I also encountered new activities that I would like to try. You may see an update to this review in the future as I go back and reread some of the sections and try the activities.

Alize says

Eye opening!

I loved this book Anthony Meindl's words are pure magic and his experiences tied the knot of a beautiful bow. If you ever need a pick me up drop the ice cream and pick up this book. It is very inspiring and clever very funny and relatable. He wants you to be the best you and to feel it and I can feel a better life coming toward me after just reading the last page. An attitude fixer for sure. Really does make u want to find the bright side and keep looking for it sure enough you'll find it. Can't wait for his next book to come out

Chris says

Wow. This book came to me at the right time. As an actor, I was just coming from a year of constantly working to survival job madness with what I thought was no creative outlet.

Then I won a Twitter contest with Anthony Meindl and Backstage. I received this book.

It was not what I expected. I assumed it was a book on acting. Oh, friends, it is so much more than that. Tony breaks it down and barely discusses the acting terms you and I learned in class. Why? Because he gets right to the essential core of being an actor: being your true self and how to find it.

I did a thing where I read the whole book first (selfishly, I need to finish my 2015 Reading Challenge, and I'm behind), and I am now going back to do the week homework. 15 chapters = 15 weeks of homework. It's not scary homework. It's the best possible homework you could want. I'm so thrilled with this book opening up my mind to the little ways I bring myself down and allow others. Tony stresses in this book how we must find the light within ourselves to fully experience our truth.

No matter what you do in life, no matter what path you chose to take and explore, READ THIS. It is a great guide and a lot of good inspiration whether you think you need it or not (hint: you probably do need it).

Allison says

Maybe this is to my own fault, but I wasn't expecting this novel to be a "enrich your life in fifteen weeks." Who really has that much time to dedicate to one book. And its not like its intricately written and really the answer to my life.

I try to always push my way through books that I win through giveaways because I want to give honest feedback, and honestly.... I just couldn't finish it...

Someone who likes reading about how to enrich their lives may think differently though.

Peg Fitzpatrick says

This is for My Book Club on August 6th with Anthony Meindl. Love reading about creativity.

Amy says

As most of my friends can tell you, self-help books are not my usual reading fare. In fact, by and large, I consider them a rip off. They are often platitudes wrapped in various mumbo-jumbo and try to claim they are the only answer, etc. I just don't understand taking generalized advice from a complete stranger that doesn't know anything about your situation and state of mind.

This book caught my eye when I was looking through the First Reads give-away on Goodreads, a social network for book lovers. There were two reasons this book grabbed my attention: 1. I thought my writer husband might benefit from increasing ways to access his creativity. and 2. I was drawn by the humor in the subtitle. Anyone that uses that kind of humor in the title of the book isn't going to be pretentious or self-righteous in their advice.

It is difficult to decide how to approach a book that you need to review quickly, yet is a 15 week process to achieve the goal set forth in the text. I decided to read through the whole book, and do the homework for the first two weeks. I plan on completing the exercises in their totality.

Mr. Meindl is straightforward and funny in his writing. Even within the scope of the exercises, he does not insist that there is only one way to successfully complete them. He provides a rough outline and gives multiple examples of ways to go about it to fit it into your existing lifestyle. He does not expect the reader to implement everything at once, hence the 15 week layout.

The first exercise is to stop playing with your phone. The first sentence of the assignment actually says to turn your phone off; however, Mr. Meindl fully recognizes that this isn't a realistic option for most as their cell phone is their only phone. I was already aware that I frequently use my phone as a security blanket, messing with it out of discomfort or boredom or anxiety about a situation. I had even focused on not playing with my phone in the recent past. This week went a little smoother. The trick is often figuring out the difference between when you are using it as a tool versus a toy.

The second homework assignment is to close your eyes for 5 minutes at the beginning of your day and just focus on your breathing. I admit, I was not successful with this one. I was waking up so tired that I feared falling asleep while breathing. I am going to make another attempt at this.

There were a couple of passages in the book that really struck me, other than his amusing anecdotes and stories from his childhood. In fact, it's something that my husband and I have discussed on many occasions and a big reason I dislike celebrity gossip magazines (though I still can't help looking at the headlines in the grocery checkout line) and reality tv shows.

"Someone else's path may seem more glamorous, or more interesting, or exciting, but it's only because we aren't fully present to -- and living our own -- glamorous, interesting, exciting journey. We spend so much time and energy coveting what other have that we lose a sense of gratitude that we've been given our own path. We're trying to fulfill ourselves through the living of someone else's life."

I'm not saying that I'm a jetsetter in any way, but if you are always comparing yourself to the Joneses or the Pitts of the world, you'll never be satisfied with the good things you have. And keep in mind, that many of those celebrities would love to have a couple days where they could go to the store without having to hide or be mobbed by the press or fans.

Mr. Meindl offers 25 exercises, or homework assignments, to help you be more aware of yourself, your attitudes, and the events in your life. He suggests ways to help you cope with the stressors in your life, yet never claims that what he's suggesting is a cure all or a miracle. Many of the activities will simply help you slow down and examine things as they are, and give you a way to step back from them a bit. The focus of the book is on enhancing creativity, yet many of the exercises simultaneously offer a way for the reader to improve their quality of life by examining and adjusting their reactions to the events in their lives.

I quite enjoyed reading this book. I am also aware that some of the later homework assignments will pose a challenge for me as they will make me examine things that I would prefer not to. However, one can not grow without stepping outside of their comfort zone.

WriteKnight says

My expectations were high for *At Left Brain, Turn Right*. I was hoping it would offer some unique insight for me as a working artist. However, it didn't really.

The book is not without its merits, I'm sure. For, say, someone just starting out as an actor, or other artists.

But speaking as someone who's been a professional artist in three different decades, and watched the landscape of being a working professional change with the times, I have to say this book didn't offer any innovative ideas. Instead it offered up a lot of, what I personally considered, recycled ideas.

It may be useful for some, just not for me, so I'd give it 3.0 stars.

Stephanie says

I won this book on a goodreads.com giveaway. I thought it was excellent. I really think any person graduating high school or college should read this so they don't fall prey to losing their creative self once they enter the "real world". I think this is a book that should be picked up and read once a year as a reminder to not forget who you are on the inside. This book would make a great gift and I plan to hand out several copies! The homework assignments were a big help to improving inner strengths that have probably been long lost. Overall I was very impressed!

Blue Eyed Vixen says

I was lucky enough to receive a first-reads copy of this book...15 Weeks and 25 Ways to Unleash Your Inner Brando, Einstein, and Shakespeare!!! Watch out world....I'll be back later to let you know if it worked for me.

A good reminder of common sense practices that any reader could apply to reduce those creative walls that we build. The activities can also be helpful.

Gemma says

Uplifting read.

Scott Bagley says

I'd have rated this one higher, but the suggestions in this book are things that I am in the practice of doing already. Good suggestions, sure, but I was hoping for something new. My bad, I should have looked at the table of contents first.

I think it is a good thing that it is laid out in a way to practice these things. Books like this should not be rushed through cover to cover, but are designed so that you can take your time with them and make habits of the suggestions. A good idea, one, I think, that other such books should incorporate.
