



# Sh#t Your Ego Says: Strategies to Overthrow Your Ego and Become the Hero of Your Story

*James McCrae*

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“James McCrae is the Eckhart Tolle of the Internet Generation.” –*The Huffington Post*

Sometimes our worst failures lead to our greatest transformation.

In 2012, **James McCrae** left behind a comfortable life in Minnesota and a successful career in advertising to move to New York City and pursue his dreams of being a writer. Soon after he arrived, Hurricane Sandy ripped through the eastern seaboard. New York City was underwater, and James—jobless and running out of money—was suddenly homeless. Fleeing to the island of Culebra for refuge, James sat alone on Flamenco Beach while his greatest doubts and insecurities rose to the surface. What he discovered was his Ego—and it had a lot of sh#t to say.

This story of adventure, redemption, and transformation reminds us that we all have two voices inside us: the Ego and the Higher Self. The Ego is our reactive, attached mind that tells us we’re victims of circumstance. The Higher Self is our source of intuition and imagination that reminds us we’re the creators of our reality. *Sh#t Your Ego Says* exposes the battle between these voices.

With arresting honesty and candid, compelling prose, James takes you through practical strategies for overthrowing your Ego and reclaiming a life of creativity and freedom. Whether you’re looking to achieve meaningful career success, improve your relationships, or unlock your imagination, this book provides a no-nonsense roadmap to living with purpose.

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