

# **SCREW THE ZOO: ESCAPE FROM YOUR CAGE, FREE YOUR MIND, AND TAKE OVER THE WORLD BY SAM MCROBERTS**

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## About the Author

Sam McRoberts is the CEO of VUDU Marketing, and has delved deep into the worlds of philosophy, cognitive psychology, and neuroscience to better help his clients to reach their target audiences. He has been quoted as an expert in his field in publications such as Forbes, Inc., and Entrepreneur. When he isn't writing or running his business, he's most likely exploring Seattle with his wife and son.

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What if you could travel back in time? What would you tell your younger self, if you had the opportunity? These are questions I've asked myself a thousand times, and Screw the Zoo is my answer.

If you feel trapped, stuck in a rut, or in any way disheartened by the path your life has taken, then this book is for you. It contains every lesson, shortcut, and mind-hack I've found on my quest for freedom, broken down into practical lessons and simple steps that literally anyone can follow.

This step-by-step guide to freedom will teach you:

- How to walk into a room, any room, and command attention and respect
- How to negotiate reality, redefine your worth, and achieve your dreams
- How to develop a Sherlockian-mind through the use of observational tricks and mnemonics
- How to control your body language and facial expressions to conceal your true feelings
- How to identify and break free from personal habits and traditions that are holding you back

If you're ready to be free, to escape from your cage and forge your own path through life, then look no further. This is the road map through life that I wish I'd had from the very beginning.

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## Most helpful customer reviews

11 of 11 people found the following review helpful.

Excellent Read!

By Jamie Cottle

Buy it AND read it. I'm not a huge fan of self-help books and I only spend a small portion of my "spare"

time reading, despite the fact that I own a significant number of books (no problem with acquisition, just reading them). That being said, I have had trouble putting this book down. The writing style is both easy to follow and playful at the same time, which certainly helps to keep my interest. Thinking about it now, I'm not sure that "self-help" is the correct categorization for this book. While I've found aspects of the book to be helpful to me personally, I think the most interesting pieces are the astute observations on life, in general, and how quickly and easily we can be distracted from what truly matters to us as individuals. This book has provided me with a different way of thinking and viewing things - from small, everyday tasks to grandiose ideas. I can't think of a single person that I know personally who wouldn't enjoy reading this book. Most would probably benefit from it as well. Highly recommended.

6 of 6 people found the following review helpful.

Stampede!

By Amazon Customer

I'm halfway through *Screw the Zoo* and already have a page of notes and original quotes! A few favorites: "The reason that self-doubt is so dangerous is that it is at the heart of inaction"; "If your mind is a negative place, your reality will become negative...but if your mind is a positive place, incredible things can happen"; and "We're wired for external validation. We seek it out, and crave it like a drug addict. And just like an addict, if you want to reach your maximum potential, you're going to need to get off the crack."

McRoberts has successfully explained his concept in understandable, well-outlined segments; I LOVE the lists and guided self assessment exercises. The imperfection list - perfect! (pp 44 & 45)

Thinkers and questioners, dive in!

4 of 4 people found the following review helpful.

Yesssss!

By Larry

You guys won't believe this but I have never finished reading a book in my life till now! Sam McRoberts keeps you stuck to the book with his enthusiastic approach in writing by cementing his ideas with quotes of influential people and movies. He dulls the sharp edges of life with his comedic approach while still keeping it real. This book empowers you to look at work and life from a different perspective. "Reality is negotiable "

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