



# Shut the Fuck Up

The book your ego hopes you never read

## FORWARD BY THE COLLECTIVE

**T**introduced by a single voice. Instead, it insisted on being ushered in by the many souls it has already touched. What follows is a chorus of recognition—words shaped by impact, truth, and resonance. These reflections are love notes from my community, breadcrumbs for the path ahead. Let them lead you through each page to the home you are always yearning for—the Sanctuary of your Inner Truth.

*“Lily wrote this book as a gentle yet powerful guide to quieting the ego and reconnecting with your inner voice. Its 10 steps help unlearn limiting beliefs and awaken the imagination, leading you back to your heart and higher self. A beautiful reminder that growth begins in stillness. A must-read for anyone seeking to realign with their inner truth.”*

~ Dr. Colin O. Behrue, Partner at Active Health Center  
– North Palm Beach, Florida

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*“STFU is part memoir, part self-investigation, and part spiritual inspiration. It is written in a simple, evocative and graceful voice, that carries a bit of a punch, as the title implies. Ms. Winsaft is no stranger to the shadow, and she lays bare her story with guileless transparency. You will be taken on a journey with this book, and perhaps be inspired to use these pages to create your own.”*

~ Dr. Michael Lennox, Psychologist and Astrologer  
– Los Angeles, California

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*“Lily’s book, STFU, is innovative and inspirational. She has found a way to share profound truths in a simple and clear way, combined with humor and personal revelations. I recommend it for anyone looking for Higher insights given in a fun and frank way.”*

~ Dr Judith Kravitz, Founder Transformational Breath Foundation  
– Northfield, New Hampshire

*“There are two voices within us—the inner voice and the outer voice—the voice of love and the voice of fear. In her bold new book, Shut the Fuck Up, Lily Winsaft shares powerful tools to quiet the outer voice of doubt and fear, and instead tune into the inner voice of love—our highest, truest self. Drawing from her own life experiences, she writes from a place of deep understanding, showing us how to silence the ego and reclaim our inner peace.”*

~ Rev. John Denney, Minister at Unity of Jupiter  
– Jupiter, Florida

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*“People lose things all the time; their phones, their keys. Direction. Purpose. But we are never alone or unsupported, as Lily Winsaft masterfully reminds us. Guidance, certainty, and the next steps are always available. This wisdom doesn’t shout. It whispers. Lily reminds us to seek no further than our own knowing by silencing the external noise and listening to our inner truth.”*

~ Dr. Rachel Brooks Fashano, Aurora Integrative Solutions  
– Orchard Park, New York

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*“I loved this book’s straightforward approach and the steps to quiet our thoughts and hear our inner voice. Lily shares her personal journey with courage and clarity. This book is a gift.”*

~ Marianne McAllister, Massage Therapist – Palm Beach Gardens, Florida

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*“STFU is so good, so well written and I love all of it. But what Lily says about claircognizance being a deep, unshakable knowing that simply arrives really speaks to me. I feel more at peace than I ever have because I am tuned into this more than ever. I never knew the name of it, but I have had these feelings all my life. I feel it and am comfortable with it. I guess I TRUST it now. What a gift Lily has shared. The simplicity of her message is so profound and deeply moved me. This book is a beautiful and personal lesson on how to live your best life.”*

~ Lynda Meador, HR Professional – Atlanta, Georgia

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*“Reading this book was a breath of fresh air. It reminded me that we’re never alone in our thoughts. Lily’s words are grounding, captivating, and heart-centered. She writes with such clarity and grace, speaking straight to the soul.”*

~ Mehtap, Energetic Healer & Retreat Facilitator  
– New Orleans, Louisiana & Bahia Ballena, Costa Rica

*"Fear not—the title belies the gentle guidance within this book. A deeply personal story of life, love, discernment, and the journey to Inner Knowing. It can help you find your own."*

~ Linda Craig, Yoga Teacher & Eternal  
Student of Life – Jupiter, Florida

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*"Lily and the Masters present a simple and effective method to guide the reader back to their authentic self. Beautifully written with love, and easy to follow."*

~ Christine Georgeou, Realtor – Jupiter, Florida

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*"Lily, this book packs a punch—it gets straight to the point without ever feeling rushed. You wove together big, deep, conceptual ideas with grounded, raw human stories from your own life. That combination made everything resonate on such a deep level. You didn't just write this—you lived it, and it shows."*

~ Meredith Paige, Medical Advocacy Account Executive  
– San Diego, California

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*"Lily's extraordinary insights into the journey of being human will change your life. Her daily practice steps are transformative. A must-read."*

~ Deborah Feinberg, Retired Eternal Seeker  
– Palm Beach Gardens, Florida

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*"Lily's book cuts to the truth of spirit in a very personal, vulnerable, and human way. Shut The Fuck Up offers us wisdom to take on while reminding us to use discernment to eat the flesh and spit out the bones. This book is profound and written in a way that is easy to understand and very relatable."*

~ Karen Aruj, Actor & Energy Healer  
– Orlando, FL

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*"As a perpetual student of this Earth experience, I dove into Lily's crystal-clear pool of divine expression. Although I have become more conscious of my words, this "Jersey Girl" knew there would be very powerful messages within this "in your face" title. I want to share it with everyone I know—this is a universal message for all."*

~ Robin Lance, Eternal Mystic – Jupiter, Florida

*"STFU is a magnificent must-read for anyone who wants to live their fullest potential. Lily shares practical, inspirational guidance for tapping into your truth and being your best self. Highly recommended!"*

~ Marie C., Yoga Instructor – Northport, New York

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*"STFU by Lily Winsaft is a raw, luminous, and soul-stirring invitation to silence the ego's noise and return to the quiet wisdom of your Inner Voice. With unapologetic truth and deep compassion, Winsaft shares hard-earned lessons, spiritual downloads, and rituals that guide readers back to self-trust and inner peace. In a world addicted to noise, this book is pure medicine; grounded, poetic, and radically liberating."*

~ David Chernow, Entrepreneur and Metaphysicalist – Troy, Michigan

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*"What a beautiful book. Profound, magical, powerful, and timely. Your voice for The Masters is beautifully written. Thank you for all the healing you offer us. A best seller, for sure."*

~ Rosana Zapata, LCSW, CAP, TEP – Japan

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*"A powerful guide to self-awareness and growth. This quick, grounded read hit me straight in the soul. Perfect for anyone ready to evolve."*

~ Shauna Galligan, Retired Stunt Woman, Motivational Speaker & Writer  
– Southern Pacific Zone, Costa Rica

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*"STFU is a sacred transmission of Miracle Consciousness. For anyone who has ever felt trapped in the mind, doubtful or overthinking, these words will set you free. Even those unaware of their entrapment will feel something stir—a wake-up call to remember the creators we came here to be."*

~ Lisa Sellitto, LCSW & Holistic Wellness Practitioner – Tampa, Florida

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*"This book was both tender and unflinching in its honesty. Its deeply relatable truths offer guidance to life's hardest moments, giving you quiet wisdom that lingers long after the final page. This is the kind of read that doesn't just stay with you—it changes you."*

~ Brittany Aarsvold, Assistant Supervisor  
– Rochester, Minnesota

*"The book calls the reader to look deeper inside oneself, beyond the ego, to find and nourish their inner truth at a time when the world is loud and chaotic. Inspiring words and relatable experiences unfold a simple path of how to show up for yourself and live in peace and joy, to be an effective leader, to own your career path, to be the best you for your loved ones, your community, your country, and all of humanity. This book is one to read not once, but every time you need to be reminded of who you really are."*

~ Kerri D. Veitch, Senior Director, HR Services  
– Hobe Sound, Florida

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*"This is a story grounded in TRUTHS we can all relate to and use with immediate effect! Lily Winsaft speaks from life's lessons and reminds us, rather than tells us, to listen to our inner voice to achieve strength through self-awareness, moving away from the past negative anchors in life. Lily leads us to the power of remaining curious, asking powerful questions to shut out limiting external influences. This book is full of thoughtful discovery! Shut the Fuck Up resonates with me in more ways than I imagined when I first picked it up."*

~ Bill Huber, Retired Global CFO  
– Rotterdam, Netherlands

*"Reading this book felt like being handed the raw and unfiltered truth about how to find peace and joy in a world full of noise. Lily's vulnerability and wisdom show what it means to be human and love every messy second of it. She reminds us that we co-create not by doing more, but by remembering who we truly are."*

~ Jordyn Martin, MA, Ed.S, School Psychologist and Holistic Practitioner  
– Cincinnati, Ohio

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*"STFU dares to champion the quiet power of pause. As a therapist, I've seen how quickly unchecked words create distance—while intentional silence brings people back to themselves. This book is a call to come home."*

~ Rebecca G. Townsend, Ed.S., LPC – Clarksville, Tennessee

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*"In a fast-paced world full of noise and chaos, Lily's beautiful book teaches one how to be still and listen to the Inner Voice that will ultimately lead to achieving your highest self. An enchanting must read for anyone looking to rediscover themselves by eliminating daily distractions and connecting deeply to one's heart and I Am Presence. Who knew telling oneself to "Shut the Fuck Up" could be so cathartic and life altering!"*

~ Dr. Kimberly Lehman, Dermatologist  
– Clarksville, Tennessee

*"This book is transformative! It is personal and reads like you're having a conversation with Lily. And yet, "Shut the Fuck Up" is a truly inspirational step by step guide to coming back to oneself and your inner knowing. Every chapter is packed with wisdom, heart, and a practical roadmap. This is the road for humanity's next step. It's a movement to raise the vibration!"*

~ Pina Newman MA, Licensed Professional Counselor  
– Ann Arbor, Michigan

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*"In this book it's easy to understand the breakdown of our inner and outer-selves. We face tough challenges every day, but by applying Lily's insight and simple methods, it allows us to see answers more clearly. After reading this book, I do believe that (almost) everything happens for a reason as part of our evolution. There was a lot of flesh in this book, and not too many bones."*

~ Rhonda Burns Wachtel, Owner of Creative Travel Trends  
Meeting and Travel Planner – Hollywood, California

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*"I read Shut the Fuck Up in the midst of a divorce. This book has given me so much clarity in regards to agreements and the outer voice. It provides many healing techniques that do work! I could not have read it at a better time and have been practicing Shut the Fuck Up in my ongoing journey."*

~ Mary Hayward, CNA – Lakewood, Colorado

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*"I like the book. I like the content and the style you wrote it in. In a nut shell your book brings to mind this proverb from an unknown author that I absolutely love. Your book magnifies this idea and gives concrete steps to correct our insane thinking. I believe your book will be very successful Lily."*

~ Patrick Forshee, State Certified General Contractor  
(40+ years of continuous sobriety from alcohol and substance abuse) – West Palm Beach, Florida

Thanks, Patrick for bringing *Two Wolves* to my attention.  
This beautiful proverb has now been added to the book!