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Dr. Shad Helmstetter - \"The Story of Self-Talk\" *What To Say When You Talk To Yourself by Shad Helmstetter The Selftalk Solution*

The best thing about "The Self-Talk Solution" is that it makes it easier to have a good attitude and to practice visualization.

Reprogramming the mind with Self-Talk makes complete sense to me, it is simple, and is so basic [and it is overlooked far too often]. I will incorporate the book into my life.

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Shad Helmstetter, Ph.D. is the author of more than twenty books in the field of personal growth. His ground-breaking classic on the subject of self-talk, "What to Say When You Talk to Your Self," is published in over 70 countries, and is in its 45th printing in 30+ years of publication.

Shad Helmstetter - SelfTalk

The best thing about "The Self-Talk Solution" is that it makes it easier to have a good attitude and to practice visualization. Reprogramming the mind with Self-Talk makes complete sense to me, it is simple, and is so basic [and it is overlooked far too often]. I will incorporate the book into my life. 2 people found this helpful

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The Self-Talk Solution; The Proven Concept of Breaking Free from Intense Negative Thoughts to Never Feel Weak Again By: Stuart Wallace

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