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(Adapted from scripts by Shad Helmstetter, The Self-Talk Solution) February-March 2016

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Read this script to yourself at least two times a day

About Dr. Shad Helmstetter. Shad Helmstetter, Ph.D., is the best-selling author of more than

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twenty books in the field of personal growth, including the classic What to Say When You Talk to Your Self, and the recent The Power of Neuroplasticity and the 365 Days of Positive Self-Talk series. His books are published in over seventy countries. Shad Helmstetter is the pioneering dean in the field ...

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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.

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Shad Helmstetter, Ph.D.,

(www.shadhelmstetter.com) is the best-selling author of "What To Say When You Talk to Your Self," and 20 other life-changing books. His latest, "Negative Self-Talk and How to Change It" is now available on Amazon and in all eBook formats. His books are published in many ...

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Don't worry, it's not a sign of insanity! In fact, it can be a powerful tool for personal change. In this engaging book, Shad Helmstetter explains how to take charge of your life through the use of positive self-talk. Specific, practical, and easy, The Self-Talk Solution can help you achieve a higher level of success at everything you attempt.

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If you'd like to know how self-talk works, you'll love the neuroscience behind it. Dr. Shad Helmstetter explains in layperson's terms how self-talk rewires your brain, and how to make it work in your life.

Dr. Shad Helmstetter - "The Story of Self-Talk" About Shad Helmstetter. Shad Helmstetter is a renowned author and a self-development figure whose methods are unconventional.. A life-coach, who explains the mind-programming in

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need of a complete overhaul. He is also the author of The Self - talk Solution; Who Are You Really, and What Do You Want?; Self - talk for Weight - loss; Network of Champions. ...

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Self-Talk. It is the programming of the mind. When we tell ourselves something is too hard, or easy, or that we are successes or failures, it's self-talk. Shad Helmstetter 's approach to Self-Talk is that it is our subconscious programming, and that it is critical in determining our life successes and failures.

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motivational speaker/trainers.

The Self-Talk Solution by Shad Helmstetter
In fact, it can be a powerful tool for personal change. In this engaging audio presentation, Shad Helmstetter explains how to take charge of your life through the use of positive self-talk. Specific, practical, and easy, The Self-Talk Solution can help you achieve a higher level of success at everything you attempt.

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