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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.

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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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Shad Helmstetter,
Ph.D. is the author of
more than twenty
books in the field of
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What to Say When You Talk to Yourself

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We all talk to ourselves. Yet more than seventy-five percent of what we say and think may be negative internal programming. Now psychologist Shad Helmstetter offers a powerful, comprehensive new program to help solve the most intimidating problems, accomplish goals you never dreamed of achieving and find long-term

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I recommend these books to anyone who is suffering from low self-esteem, as well as those who are simply looking for ways to enhance their lives. The techniques presented by Dr. Helmstetter in his books are a natural course of events that we all are subjected to ...

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renowned author and a
self-development
figure whose methods
are unconventional. A
life-coach, who
explains the mind-
programming in need
of a complete
overhaul. He is also the
author of The Self - talk
Solution ; Who Are You
Really, and What Do
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Dr. Shad Helmstetter - "The Story of Self-Talk"

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