



The Self-Talk Solution

By Shad Helmstetter

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Dr. Helmstetter's book offers a practical method to change the patterns of your thinking: what you are saying to yourself, and to consciously take control of your mental thinking- and consequently your entire life. These are more than simple affirmations, or "positive thinking" - instead Dr. Helmstetter shows literally how to re-train your entire mental processes into powerful, enabling, patterns that you choose. What if you could re-program your thinking?

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The Self-Talk Solution By Shad Helmstetter Bibliography

- Sales Rank: #796106 in Books
- Published on: 1990-05-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x 4.25" w x .75" l,
- Binding: Mass Market Paperback
- 295 pages

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