



The Self-Talk Solution

By Shad Helmstetter

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The Self-Talk Solution By Shad Helmstetter

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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