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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. Using numerous

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examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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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. Using numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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The Self-Talk Solution by Shad Helmstetter
Shad Helmstetter - SelfTalk Shad Helmstetter, Ph.D. is the author of more than twenty books in the field of personal growth. His groundbreaking 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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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. © Shad Helmstetter; (P) Dove Audio, Inc.

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(Adapted from scripts by Shad Helmstetter, The Self-Talk Solution) February-March 2016
January 30-February 5: Friend, I pray that all may go well with you and that you may be in good health, just as it is well with your soul. (3 John 2)

Read this script to yourself at least two times a day

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Listening to his weight-loss self-talk helped Shad Helmstetter to shed 85 pounds in 10 ½ weeks. The repetition is reinforcing new behavior patterns in your brain developing new beliefs and actions. Pro tip: Structure your new habits by listening to your positive self-talk script first thing in the morning and just before you go to bed.

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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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Shad Helmstetter is the pioneering dean in the field of self-talk. He is the first behavioral researcher to focus on the role of self-talk as a primary programming source that directs our life path and personal effectiveness, and he identified the actual self-talk words and phrases which most impact our individual programming.

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