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The second part gives examples of "good" self talk - whether for
attitude adjustment, physical fitness, career success and many other
common things in our lives we want to impact. The Self-Talk
approach provides affirmations that Helmstetter notes, over time,
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are common sense, but the fact that so many fail to heed the lessons reinforces the message.

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The Self-Talk Solution by Shad Helmstetter

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With a little counselling and "The Self-Talk Solution" I was able to revolutionize my life. 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-

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and consequently your entire life.

The Self-Talk Solution book by Shad Helmstetter

The best thing about "The Self-Talk Solution" is that it makes it easier to have a good attitude and to practice visualization.

Reprogramming the mind with Self-Talk makes complete sense to me, it is simple, and is so basic [and it is overlooked far too often]. I will incorporate the book into my life.

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Positive self-talk is not a quick fix, band-aid solution. You need to consistently listen to it for a least 3 weeks to see results. The 21/90 theory states it takes 21 days to start a new habit and 90 days of practice to keep it. The practice of the new action should also be

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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.

Shad Helmstetter – SelfTalk

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The Self-Talk Solution; The Proven Concept of Breaking Free from Intense Negative Thoughts to Never Feel Weak Again By: Stuart Wallace

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Evaluative self-talk mostly has to do with our opinions about ourselves and our behavior in relation to past events and/or actions. Scientists who study our inner voice typically presume it takes shape during our early childhood, and gradually captures a particular essence as it evolves. [4, 5]

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