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is the author of more
than twenty books in the
field of personal growth.
His ground-breaking
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self-talk, "What to Say
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Self," is published in
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radio and television
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Shad Helmstetter –
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Shad Helmstetter 's
approach to Self-Talk is
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subconscious
programming, and that
it is critical in
determining our life
successes and failures.
Using numerous
examples of "proper"

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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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five percent of what we
say and think may be
negative internal

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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 inner motivation.

The Self-Talk Solution

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Helmstetter According
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(1986), “ Self-talk is a
way to override our past
negative programming

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by erasing or replacing
it with conscious,
positive new directions."

The Self Talk Solution
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approach to Self-Talk is
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subconscious
programming, and that
it is critical in
determining our life
successes and failures.
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Examples of "proper"
Self-Talk, Helmstetter
takes the reader on a
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Talk, and how our
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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

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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.

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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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Shad Helmstetter is the pioneering dean in the field of self-talk. He is the first behavioral

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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.

About Dr. Shad
Helmstetter – Shad

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Helmstetter

This is the official source
for all of Dr. Shad

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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-

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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

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