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thinking- and consequently your entire  
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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

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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 consistent to keep it.

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Shad Helmstetter, Ph.D. is the author

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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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Negative Thoughts to Never Feel  
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Evaluative self-talk mostly has to do  
with our opinions about ourselves and  
our behavior in relation to past events

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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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"Self-talk is a way to override our past  
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replacing it with conscious, positive  
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Are you worried you will never be happy again? Do you wish you could

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quiet the voice in your head that makes you feel like you are a failure and there is no hope? Or do you want to strengthen the positive voice in your head, that helps you find happiness and achieve your greatest potential? If you answered yes to at least one of the questions above, this guide is

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specifically written for you. While there are several books written about self-talk, this guide provides tangible strategies based on psychological research that you can use immediately to both change negative self-talk to positive self-talk and turn it into action. Did you know that negative self-talk is

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a habit that can be changed? Just like getting into the habit of brushing your teeth as a child, negative self-talk is a habit that can be changed and you can make the change now! In 2014, Ethan Kross wrote about the power of self-talk as a regulatory mechanism in the *Journal of Personality and Social*

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Psychology - it affects what we do, whether we realize it or not - and the way we use self-talk matters. As a regulatory mechanism, self-talk guides you in times of need, and it also acts as your inner critic. But sometimes your inner critic can guide you into unnecessary negative thoughts. His

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work, among others' shared in this guide, provides strategies and facts based on scientific evidence that help you to affect and improve the way you use self- talk. In this guide you'll discover: The reasons why negative self-talk is stopping you from finding happiness and how positive self-talk

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can save you! Why you feel drained of energy and helpless (and how you can fix this in no time at all!) What the absolute key is to quieting the voice of negative self- talk A complete picture of how self-talk affects you - finding long term solutions and not just a "band-aid" to fix the problem The best

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secret - and simple - tricks you can use to strengthen the positive self-talk voice How to improve both your life and your relationships, without spending a fortune on therapy The 14 key suggestions for how to take self-talk to the next level by turning positive self-talk into action! ...and much, much



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more! By relying on the most up-to-date psychological studies and findings, this guide provides the background information and tangible tools to understand the power of self-talk. You will learn how to eliminate negative self-talk and welcome positive self-talk, freeing you to do the

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things you've always wanted to do. If you finally want to understand how self-talk is hurting you, and, how you can change it to improve your life, click "Add to Cart" now! Why wait another day?

The Self-Talk Solution is a complete

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Self-Talk program, providing the reader with specific Self-Talk applications in the areas of personal growth, family and relationships, fitness and health, career and skill building, problem solving, personal organization, and accomplishment.

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Why we talk to ourselves -- When  
talking to ourselves backfires --  
Zooming out -- When I become you --  
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80% of the average person's inner  
mental chatter is negative. But

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everyone has the power to change theirs. Want to achieve your goals, be more content with yourself, and live your best life? Don't let negative thinking hold you back. Changing how you talk to yourself in your thoughts is the most effective way to change your approach to your exercise routine,

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the things you couldn't motivate  
yourself to do before Approach your  
relationships to others and yourself  
with better understanding with self love  
Stop racing thoughts Stop worrying  
Gain distance and necessary  
perspective from your thoughts

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Talking to ourselves - and learning to listen We all speak to ourselves on a daily basis. Whether it's out loud or an internal (or infernal) commentary, we all practice self-talk and, how we speak to ourselves can have a significant effect on our emotions and subsequent actions. Some people's



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self-talk is mostly about the future while, for others, it's an internal dialogue about the past. Some self-talk is positive and upbeat, while other self-talk is harsh, critical or defeatist. Self-talk can focus on other people but, more often than not, it is about ourselves - and is often negative. If

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you listen carefully, you'll notice that your inner conversation reflects thoughts and emotions. Self-talk isn't random. It exhibits patterns that repeat themselves. And everyone has their own characteristic self-talk that is uniquely theirs. In *The Science Of Self-Talk* mindfulness expert, Ian

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Tuhovsky, explains how we can re-write the script when it comes to our internal communication. Through a series of simple exercises for use in daily life, you can understand your own self-talk in order to change the conversation. Learn how you can listen to and understand your internal

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dialogue in order to change it. Many of us practice negative self-talk by default - how many times have you called yourself an idiot or chastised yourself for not being good enough? Negative self-talk is a harmful habit which can lead to anxiety, depression and helplessness and, yet, this is

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something that most of us do on a regular basis. For many people, this is learned behaviour whereby caution against boasting leads to self-criticism or self deprecation. For others, this is a natural reflection of the self and one that can slowly corrode self esteem.

This unique book covers:

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□ Constructive self-talk and  
dysfunctional self-talk - and knowing  
the difference. □ The impact of negative  
self-talk □ Learned  
helplessness □ Positive self-talk -  
challenge or threat? □ The Pareto  
Principle which says that, for many  
events, roughly 80% of the effects

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come from 20% of the causes. Creating the right circumstances for motivation Getting to know yourself Loving yourself - emotional intelligence Turning down the volume on your self-talk In the past, people who engaged in negative self-talk or self-criticism were often labelled

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'perfectionists', insinuating that it's actually a positive thing but it's so much more damaging than that.

Learning to identify our negative self-talk behaviour is the first step toward freeing us from its grip. With the right tools, we can change our internal dialogue, opening ourselves up to new



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opportunities, increased self-esteem and confidence. More than just a self-help manual, The Science of Self-Talk is a Positive Psychology Coaching Series which explains the roots of self-talk, or, intrapersonal communication. The book explains that these are the thoughts that we 'hear' with the

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auditory part of our brain and which add a kind of commentary to our daily life. Self talk is a little like turning on the director's commentary on a movie. You can simply watch the movie or you can add in commentary about what's happening in it - this is, in a nutshell, what most of us do in our

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daily lives. The Science Of Self Talk can help you to re-write the script of your movie and improve the way that you - and others - see yourself.

ABC's chief medical correspondent helps you ring in the New Year right with a resolution that's actually

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doable: a year-long plan to improve your emotional and physical health—from giving up alcohol to doing a digital detox, but each for only one month. Dr. Jennifer Ashton is at the top of her field as an ob-gyn and news correspondent. But even at the top there's still room to improve, and with

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The Self-Care Solution, she upends her life one month at a time, using her own experiences to help you improve your health and enhance your life. Dr. Ashton becomes both researcher and subject as she focuses on twelve separate challenges. Beginning with a new area of focus each month, she

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guides you through the struggles she faces, the benefits she experiences, and the science behind why each month's challenge—giving up alcohol, doing more push-ups, adopting an earlier bedtime, limiting technology—can lead to better health. Month by month, Dr. Ashton tackles a

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different area of wellness with the hope that the lessons she learns and the improved health she experiences will motivate her (and you) to make each change permanent. Throughout, she offers easy-to-comprehend health information about the particular challenge to help you understand its

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benefits and to stick with it. Whether it's adding cardio or learning how to meditate, Dr. Ashton makes these daily lifestyle choices and changes feel possible—and shows how beneficial a mindful lifestyle can be. Inspiring, practical, and informative, illustrated with helpful photos and charts, The



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Self-Care Solution teaches you how to recalibrate your life to enjoy a better, healthier year, one month at a time. Featuring guidance from top experts, entertaining case studies, easy-to-follow advice and tips, and Dr. Ashton's observations and insights, this book can help you achieve a

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better life balance and a more active and healthy lifestyle.

Are you struggling with low self-esteem? Are you unconsciously bringing negativity to your relationships with your spouse, family, coworkers, and friends? Or is there

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one area of your life you want to change? If so, you are not alone and you are closer than you think to changing your life. Self-talk and how to use it is a popular topic in today's culture, but this guide goes beyond definitions and motivational phrases. It explores the "how" and "why" of

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negative self-talk to help you master positive self-talk. With positive self-talk, you can find the self-motivation to change your life and ultimately lead you to greater success. Have you heard the phrase "you are what you believe?" Did you realize this applies to all aspects of life from work, to

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family, and even your love life? Maybe you've always believed you weren't great at sports. Or that no one could love you. Research tells us that positive self-talk can change those beliefs and help you become Ethan Kross' 2014 study on self-talk as a "regulatory mechanism" in the Journal

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of Personality and Social Psychology breaks down what happens in your brain with self-talk, from basic to complex decisions. Benjamin Gardner's 2012 research on the habits of the brain ("Making Health Habitual") in the British Journal of General Practice then reveals the power of

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habit in the brain, especially when it comes to talking to yourself. Using their research, among others', provides scientific evidence to better explain and give you the tools to change your life. In this guide you'll discover: How to truly love yourself and your body - without committing to

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a crazy diet or workout program  
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may be seriously hindering you - but  
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many aspects of your life, or just one, you can learn to harness the power of self-talk to find success and greater happiness. Understanding through research how the brain and positive self-talk work together will give you the practical tools to make positive self-talk a powerful force in your life. If you

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are ready to find your self-motivation to take the leap towards achieving your dreams with positive self-talk, click "Add to Cart" now

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relationships with your spouse, family, coworkers, and friends? Or is there one area of your life where you feel like a failure and you're ready to change? If you answered yes to any of the questions above, this guide is specifically written for you. While there are several books written about self-

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talk, this guide provides tangible strategies based on psychological research that you can use immediately to both change negative self-talk to positive self-talk and turn it into action. It explores the "how" and "why" of negative self-talk to help you master positive self-talk - going beyond just

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regulatory mechanism - it affects what we do, whether we realize it or not - and the way we use self-talk matters. Benjamin Gardner shared "Making Health Habitual" in 2012 in the British Journal of General Practice, explaining self-talk as a habit - a powerful force in the brain. Their work, among others'

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shared in this guide, provides strategies and facts based on scientific evidence, that help us to affect and improve the way we use self- talk. This book includes: The Self-Talk Solution: The Proven Concept Of Breaking Free From Intense Negative Thoughts To Never Feel Weak Again The Power Of

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