

the self talk solution pdf

and I am proud of the amount of positive attention I give to keeping my self that way. I really like being in good shape! I take care of my self and I keep my self fit. I eat and drink only those things that are beneficial to my physical and mental health and well-being.

Read this script to yourself at least two times a day

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The Self Talk Solution Shad Helmstetter - pastapomodoro.com

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.

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