



# What to Say When you Talk To Yourself

*By Shad Helmstetter*



## **What to Say When you Talk To Yourself** By Shad Helmstetter

The classic, #1 best-selling book written on the subject of self-talk. (Completely updated in the Amazon Kindle eBook edition.)

Each of us is programmed from birth on, and as much as 75% or more of our programming may be negative or working against us. In this newly updated and revised eBook edition, Shad Helmstetter shows the reader how to erase and replace past mental programs with healthy, new programs that can be positively life-changing. Considered by many to be one of the most important and helpful personal growth books ever written.

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## **What to Say When you Talk To Yourself By Shad Helmstetter Bibliography**

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## **Editorial Review**

### About the Author

Shad Helmstetter, PhD, (ShadHelmstetter.com) is the bestselling author of *What To Say When You Talk to Your Self*, *Who Are You Really* and *What Do You Want*, and ten other life-changing books. His books are published in many languages in more than sixty-four countries worldwide. Dr. Helmstetter is one of the most respected behavioral researchers of our time and has appeared on more than 1,200 radio and television programs, including repeat appearances on *The Oprah Winfrey Show*, ABC, NBC, CBS, and CNN News.

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