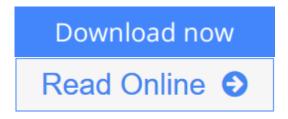


### What to Say When you Talk To Yourself

By Shad Helmstetter



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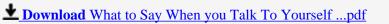
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About the Author

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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