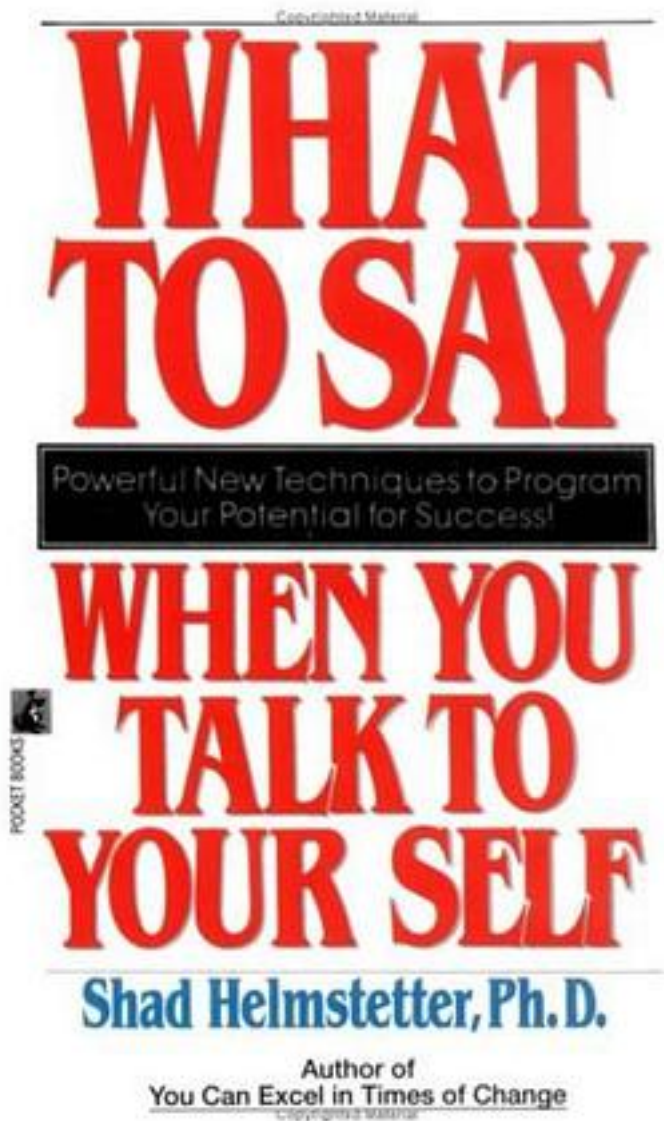


What to Say When you Talk To Yourself



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Imagine relying on yourself to optimize your outlook, focus your plans, and keep you on top, in touch, and going for it You can do it, by adopting the simple techniques of Self-Talk, and understanding the power of key phrases like these: -- I choose my thoughts. No thought, at any time, can dwell in my mind without my permission.-- I have talents, skills and abilities -- and I'm discovering new talents all the time.-- I take time to listen and communicate. I'm patient and understanding. It's worth working at, and I do.-- I focus my attention on the things I can control. If I can't affect it or direct it -- I accept it.-- I know that what I believe about myself is what I will become -- so I believe in the best for myself.Acclaimed psychologist Dr. Shad Helmstetter shows you how to make positive Self-Talk a permanent habit. Give yourself the kind, loving, determined support you would give to your bestfriend. Harness the power of the ultimate motivator -- you

作者介绍:

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评论

The power of positive self talk. This is definitely the life-changing book. Listen carefully what you say internally and what your hear externally, and learn to think what to think. Little change influences a lot.

reprogram your subconscious mind or you will be reprogrammed by others.

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