



365 Days of Positive Self-Talk

By Shad Helmstetter Ph.D.

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From the best-selling author of “What to Say When You Talk to Your Self.” Dr. Shad Helmstetter’s latest book, “365 Days of Positive Self-Talk,” is wonderfully uplifting as a daily inspirational guide, with positive selftalk messages for every day of the year. Along with the powerfully motivational self-talk messages, the book includes dozens of helpful and informative “Self-Talk Tips” throughout the book, giving readers a clear understanding of how self-talk works, and how to apply it in every area of their lives. (This book is a perfect gift for yourself, and for everyone you care about.)

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Editorial Review

About the Author

Shad Helmstetter, Ph.D., is the author of 17 books in the field of selftalk and personal growth, including the classic best-seller, "What to Say When You Talk to Your Self." His recent book, "The Power of Neuroplasticity," is based on the science behind positive self-talk. Dr. Helmstetter's books are published in over 70 countries worldwide. He has appeared on more than 1200 radio and television programs including repeat appearances on Oprah Winfrey, ABC, CBS, NBC, and CNN News.

Users Review

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