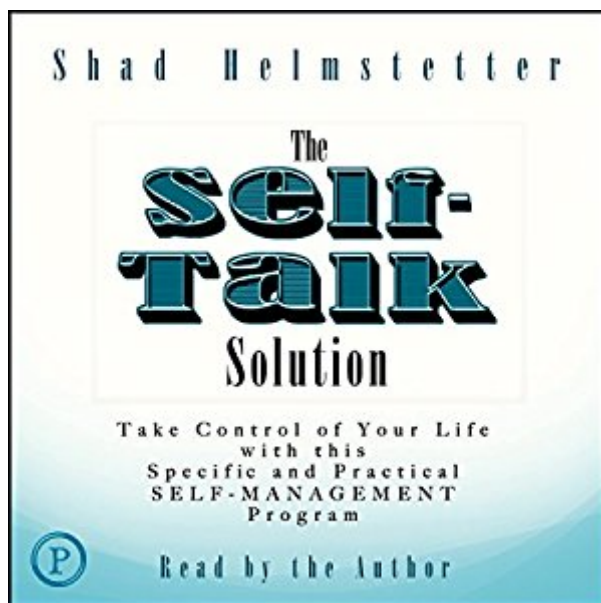


The book was found

The Self-Talk Solution



Synopsis

Do you talk to yourself? Don't worry, it's not a sign of insanity! In fact, it can be a powerful tool for personal change. In this engaging audio presentation, Shad Helmstetter explains how to take charge of your life through the use of positive self-talk. Specific, practical, and easy, The Self-Talk Solution can help you achieve a higher level of success at everything you attempt.

Book Information

Audible Audio Edition

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in Books > Business & Money > Management & Leadership > Motivational

Customer Reviews

Amazing read, I considered getting this after reading half way through "What to say when you talk to yourself". It offers a lot of scripts to go over. The book is great but it felt it could be said in fewer words. It made me eager to use the information and steps provided and what I appreciate is the fact that Dr. Shad emphasized to work on one important area of your life, to take smaller steps. I will keep coming back to this book. Thank you Dr. Helmstetter.

Self-Talk. It is the programming of the mind. When we tell ourselves something is too hard, or easy, or that we are successes or failures, it's self-talk. Shad Helmstetter's approach to Self-Talk is that it is our subconscious programming, and that it is critical in determining our life successes and failures. Using numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives. The book is divided into 2 parts - the first part is an introduction to the Self-Talk paradigm, and a general overview of what it is and how it works - both psychologically and physiologically. The second part gives examples of "good" self talk - whether for attitude adjustment, physical fitness,

career success and many other common things in our lives we want to impact. The Self-Talk approach provides affirmations that Helmstetter notes, over time, will impact our self perception and our performance. The concepts are common sense, but the fact that so many fail to heed the lessons reinforces the message. What we say about ourselves and what we think about ourselves become self-fulfilling prophecy. Change those words and thoughts for the better, and improvement will follow.

This book is a freaking goldmine of self-improvement. It has been incredibly effective and useful for me. I'll read a script from it when I wake up ("Building Self Esteem") to get my day started. I read the "Freedom from Worry" script if I am feeling anxious. I'll read the "Developing a Winning Personality" script if I'm feeling less than confident before I go out to socialize. I love that positive self talk and successful results create a cycle that eventually becomes natural enough to the point where scripts aren't necessary. This is the most valuable book I own!

Not only is this a great book, but the seller was kind enough to send an autographed hardcover copy. Thanks so much!

Great ideas for creating your own affirmations, and you deserve to feel great.

Practical examples of what to do. Require to accompany another book from the same author - "What to say when you talk to yourself" Once you read this you will not need another positive thinking title because these two explain the root problem with our thinking and how to sort it out. It explains why the other positive thinking theories have not worked for you thus far.

Shad Helmstetter is the foremost authority in this area.

This book, and its predecessor *What To Say When You Talk ...*, has been a godsend. It has helped raise my self esteem and my low moods. I spend about a half hour most days reading the affirmative essays in Part 2. This daily practice plus a half hour of meditation have done wonders for my emotional well being. I am almost completely convinced of the author's premise that we can undo our negative programming and live a more productive and enjoyable life by frequently reading the essays. This is a book I will treasure for life. I am giving copies to friends.

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