



What to Say When You Talk to Your Self

By Helmstetter

SIMON SCHUSTER, United States, 1990. Paperback. Book Condition: New. 170 x 104 mm. Language: English . Brand New Book. From acclaimed psychologist Dr. Shad Helmstetter comes a life changing guide to helping you help yourself through motivational self talk and positive thinking. 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...

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