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# WHAT TO SAY WHEN YOU TALK TO YOUR SELF



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...

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- Authored by Helmstetter
- Released at 1990



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