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and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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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

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impact our lives.

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seventy-five percent of what we say
and think may be negative internal

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Shad Helmstetter □ SelfTalk Shad Helmstetter, Ph.D. is the author of more than twenty books in the field of personal growth. His ground-breaking classic on the subject of self-talk,

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February-March 2016 January

30-February 5:Friend, I pray that all
may go well with you and that you may
be in good health, just as it is well with
your soul. (3 John 2)

Read this script to yourself at least two

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times a day

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Listening to his weight-loss self-talk helped Shad Helmstetter to shed 85 pounds in 10 1/2 weeks. The repetition is reinforcing new behavior patterns in your brain developing new beliefs and actions. Pro tip: Structure your new habits by listening to your positive self-

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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

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Shad Helmstetter is the pioneering dean in the field of self-talk. He is the first behavioral researcher to focus on the role of self-talk as a primary programming source that directs our life path and personal effectiveness,

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and he identified the actual self-talk words and phrases which most impact our individual programming.

About Dr. Shad Helmstetter □ Shad Helmstetter

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