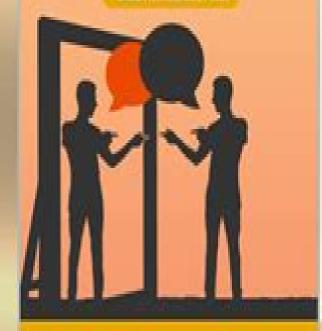
# WHAT TO SAY WHEN YOU TALK TO YOURSELF

Powerful New Techniques To Program Your Potential For Success

Shad Helmhatter, Ph.D.



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# What to say when you talk to yourself

**Book Summary** 

"[Your self-talk] is the key to how you manage yourself, and how you live and manage the rest of your life."

- Shad Helmstetter

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