

BENEFITS OF POSITIVE SELF-TALK

1. A HEALTHIER IMMUNE SYSTEM

2. REDUCED PAIN

3. BETTER
CARDIOVASCULAR
HEALTH

4. IMPROVED
MENTAL HEALTH

5. IMPROVED SELF-ESTEEM

6. INCREASED
VITALITY

7. GREATER LIFE
SATISFACTION

8. REDUCED STRESS

9. BETTER PHYSICAL
WELL-BEING

10. INCREASED
LIFESPAN



The Power Of Selftalk

Liyong Dong



The Power Of Selftalk:

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