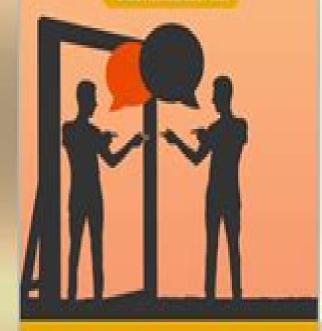
WHAT TO SAY WHEN YOU TALK TO YOURSELF

Powerful New Techniques To Program Your Potential For Success

Shad Helmhatter, Ph.D.



Summary by ReadinGraphics

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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