

# WHAT TO SAY WHEN YOU TALK TO YOURSELF

Powerful New Techniques To  
Program Your Potential For Success

Shad Helmstetter, Ph.D.



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## What to say when you talk to yourself

### Book Summary

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*"[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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# Success Talk What To Say To Yourself To Win At Li

**Jin-Ying Zhang**



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