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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 everything you attempt. © Shad Helmstetter; (P) Dove Audio, Inc.

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than twenty books in the field of personal growth. His ground-breaking classic on the subject of self-talk, "What to Say When You Talk to Your Self," is published in over 70 countries, and is in its 45th printing in 30+ years of publication.

Shad Helmstetter - SelfTalk

(Adapted from scripts by Shad Helmstetter, The Self-Talk Solution)

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 times a day

Listening to his weight-loss self-talk helped Shad Helmstetter to shed 85 pounds in 10 ½ 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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talk script first thing in the morning and just before you go to bed.

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Dr. Shad Helmstetter - "The Story of Self-Talk"

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, and he identified the actual self-talk words and phrases which most impact our

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Shad Helmstetter is a renowned author and a self-development figure whose methods are unconventional. A life-coach, who explains the mind-programming in need of a complete overhaul. He is also the author of The Self - talk Solution ; Who Are You Really, and What Do You Want?

What to Say When You Talk to

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