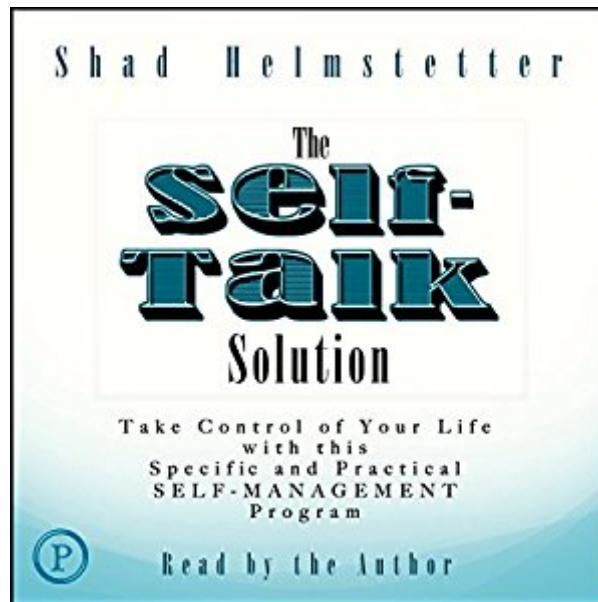


The book was found

# The Self-Talk Solution



## Synopsis

Do you talk to yourself? Don't worry, it's not a sign of insanity! In fact, it can be a powerful tool for personal change. 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.

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 10 minutes

Program Type: Audiobook

Version: Abridged

Publisher: Phoenix Books

Audible.com Release Date: December 16, 1999

Language: English

ASIN: B00005463M

Best Sellers Rank: #125 in Books > Audible Audiobooks > Fiction & Literature > Literary Criticism  
#875 in Books > Audible Audiobooks > Health, Mind & Body > Psychology #1050 in Books > Business & Money > Management & Leadership > Motivational

## Customer Reviews

Amazing read, I considered getting this after reading half way through "What to say when you talk to yourself". it offers alot of scripts to go over. The book is great but it felt it could be said in fewer words. It made me eager to use the information and steps provided and what I appreciate is the fact that Dr.Shad emphasized to work on one important area of your life,to take smaller steps. I will keep coming back to this book. Thank you Dr.Helmstetter.

Self-Talk. It is the programming of the mind. When we tell ourselves something is too hard, or easy, or that we are successes or failures, it's self-talk. Shad Helmstetter 's approach to Self-Talk is that it is our subconscious programming, and that it is critical in determining our life successes and failures. Using numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.The book is divided into 2 parts - the first part is an introduction to the Self-Talk paradigm, and a general overview of what it is and how it works - both psychologically and physiologically. The second part gives examples of "good" self talk - whether for attitude adjustment, physical fitness,

career success and many other common things in our lives we want to impact. The Self-Talk approach provides affirmations that Helmstetter notes, over time, will impact our self perception and our performance. The concepts are common sense, but the fact that so many fail to heed the lessons reinforces the message. What we say about ourselves and what we think about ourselves become self-fulfilling prophecy. Change those words and thoughts for the better, and improvement will follow.

This book is a freaking goldmine of self-improvement. It has been incredibly effective and useful for me. I'll read a script from it when I wake up ("Building Self Esteem") to get my day started. I read the "Freedom from Worry" script if I am feeling anxious. I'll read the "Developing a Winning Personality" script if I'm feeling less than confident before I go out to socialize. I love that positive self talk and successful results create a cycle that eventually becomes natural enough to the point where scripts aren't necessary. This is the most valuable book I own!

Not only is this a great book, but the seller was kind enough to send an autographed hardcover copy. Thanks so much!

Great ideas for creating your own affirmations, and you deserve to feel great.

Practical examples of what to do. Require to accompany another book from the same author - "What to say when you talk to yourself" Once you read this you will not need another positive thinking title because these two explain the root problem with our thinking and how to sort it out. It explains why the other positive thinking theories have not worked for you thus far.

Shad Helmstetter is the foremost authority in this area.

This book, and its predecessor *What To Say When You Talk ...*, has been a godsend. It has helped raise my self esteem and my low moods. I spend about a half hour most days reading the affirmative essays in Part 2. This daily practice plus a half hour of meditation have done wonders for my emotional well being. I am almost completely convinced of the author's premise that we can undo our negative programming and live a more productive and enjoyable life by frequently reading the essays. This is a book I will treasure for life. I am giving copies to friends.

[Download to continue reading...](#)

Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Self Love: F\*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Conversation: The Gentle Art Of Hearing & Being Heard - HowTo "Small Talk", How To Connect, How To Talk To Anyone (Conversation skills, Conversation starters, Small talk, Communication) How to Talk Dirty: Make Him Explode Whispering These 173 Dirty Talk Examples that Will Rock His World & Have Him on His Knees Begging You for Sex (Improve & Spice Up Your Sex Life - Dirty Talk) Small Talk Made EASY!: How to Talk To Anyone Effortlessly and Talk with Confidence and Ease! How to DECLUTTER Your Mind: How to Regain your Self Esteem & Self Confidence: How to Stop Worrying and Relieve Anxiety: Deliver Me From Negative Self Talk The Self-Talk Solution NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness) The Tapping Solution for Manifesting Your Greatest Self: 21 Days to Releasing Self-Doubt, Cultivating Inner Peace, and Creating a Life You Love Effortless Small Talk: Learn How to Talk to Anyone, Anytime, Anywhere...Even If You're Painfully Shy Let's Talk about Epilepsy (Let's Talk Library) Let's Talk About Epilepsy (The Let's Talk Library) Let's Talk about Head Lice (Let's Talk Library) The Hip Hop Wars: What We Talk About When We Talk About Hip Hop--and Why It Matters What I Talk About When I Talk About Running: A Memoir (Vintage International) What I Talk about When I Talk about Running: A Memoir What I Talk About When I Talk About Running (Vintage International) What We Talk About When We Talk About Anne Frank: Stories How to Talk so Kids Will Listen...And Listen So Kids Will Talk

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)