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Self Talk Solution Shad Helmstetter

Shad Helmstetter, Ph.D. is the author of more 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

What to Say When You Talk to Yourself PDF Summary by Shad Helmstetter is a life altering book that zooms in on people's innatness and daily strugles.

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You left out the most important coach and that is ourselves. We are our best coaches. All the top 50 or the top 500 coaches in the world can only "lead us to the water" then it is up to us to take inspired action so we can drink from that water.

50 Best Life Coaches in the World - Freedom Education

Posts like these definitely help. 🧡 I'm still not out in the open completely (apart from blog comments, which Lauren knows:D). I don't really talk to my clients or publications about my health unless the piece is directly related to it.

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