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10 Conversations You Need to Have with Yourself

By Shmuley Boteach

Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. 10 Conversations You Need to Have With Yourself shows readers how to use the practice of conversation -- in this case, self-talk -- to deal with their concerns including depression, family problems, anxiety, career questions, and more. In this book, Rabbi Shmuley shows how to turn negative self-talk into positive self-talk regarding such issues as love, self-esteem, life success, and fear of aging. It includes dramatic stories from Boteach's work counseling people in need as well as practical self-improvement sample self-talk scripts. Although Boteach has written previous bestselling titles on family issues and sex, this is his first self-improvement book. Some of the most effective talk therapy is self-talk therapy-learning to connect positively with that internal voice that serves as your own personal GPS to guide you through life. Rabbi Shmuley teaches the reader to reconnect with the inner voice of conscience, the source of personal dreams and values, which has been so drowned out by the noise of a culture that emphasizes form over substance, career over calling, and consumption over conviction. Drawing on Rabbi Shmuley's extensive counseling experience, this book helps you defeat negative self-talk and...



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