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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.

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The Self-Talk Solution contains revealing self-tests that help readers discover the negative messages they have really been giving themselves. Shad Helmstetter, Ph.D. is the author of more than twenty books in the field of personal growth.

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