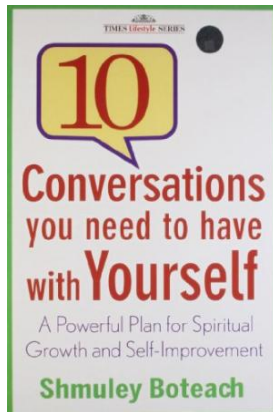


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Times Group Books, New Delhi, India, 2011. Softcover. Book Condition: New. First Edition. 10 Conversations You Need to Have With Yourself shows readers how to use the practice of conversation -- in this case, self-talk -- to deal with their concerns 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...

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- Authored by Shmuley Boteach
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