

# WHAT TO SAY WHEN YOU TALK TO YOUR SELF

A  
rational,  
methodical,  
incredibly  
simple  
program  
for success  
and lasting  
self-change

*Shad Helmstetter, Ph.D.*

# What To Say When You Talk To Yourself Shad Helmstetter

**Judd E. Hollander**



**What To Say When You Talk To Yourself Shad Helmstetter:**

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