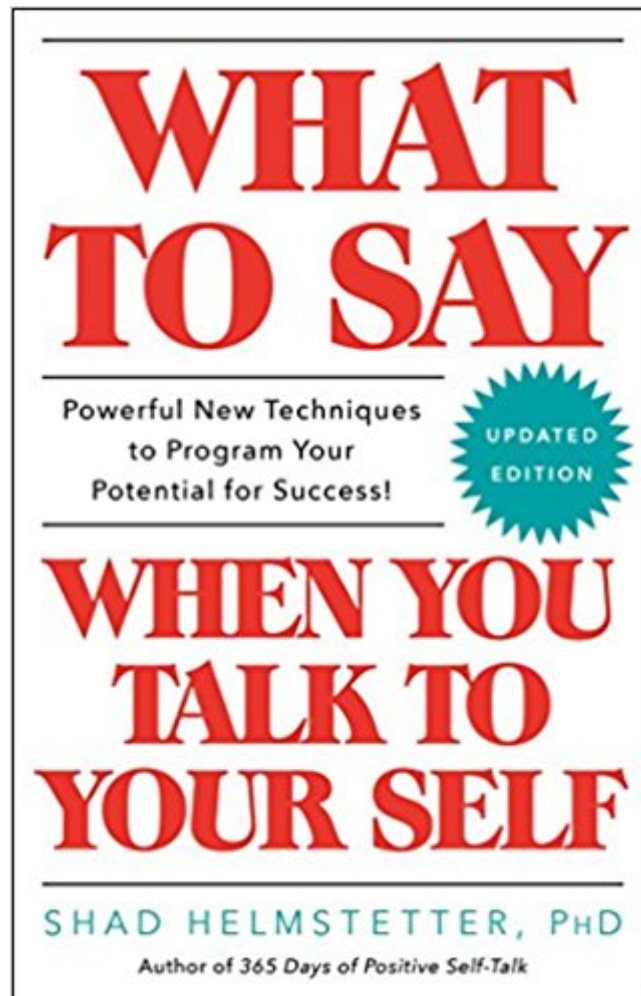




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What To Say When You Talk To Your Self



Synopsis

Discover Dr. Shad Helmstetter's wildly popular self-help book *What to Say When You Talk to Your Self*, now updated with new information for the twenty-first century, and learn how to reverse the effects of negative self-talk and embrace a more positive, optimistic outlook on life! We talk to ourselves all of the time, usually without realizing it. And most of what we tell ourselves is negative, counterproductive, and damaging, preventing us from enjoying a fulfilled and successful life. But with Shad Helmstetter's *Five Levels of Self-Talk* (Negative Acceptance, Recognition and Need to Change, Decision to Change, The Better You, and Universal Affirmation), you can take back control of your life via this accessible yet profound technique. Now filled with new and updated information perfect for the twenty-first century psyche, you can learn how to talk to your self in new ways, and jump-start a dramatic improvement in all areas of your life. So stop telling your self you can't, and turn no into a resounding yes with *What to Say When You Talk to Your Self*!

Book Information

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Customer Reviews

Shad Helmstetter, PhD is the international best-selling author of more than twenty books in the field of personal growth, including the classic *What to Say When You Talk to Your Self*. Dr.

Helmstetter's books have been published in many languages in over sixty-five countries.

This book has been a life saver for me. 3 months after my husband ran off with another woman I found myself falling into a cycle of obsessive angry and vengeful think. I was trying to get my life on track but was consumed by intense negative thoughts that just sapped all my energy and made me

feel helpless. I have always been the type of person who feels that life is somehow against me, that other people have it easier and I am the type of person who never forgives or forgets. In the last few months I've used a number of self-help techniques that have been great but it was the angry thoughts inside my head I desperately needed to get rid of before I did something stupid. I started looking for books on changing thought patterns and when I read the blurb for this book and some of the reviews it convinced me to give it a go. That was 6 weeks ago and by adopting some of the techniques in this book I have utterly transformed my life. I had no idea how much I mentally or verbally beat myself up all the time. This book has opened up a world of possibilities for me. Every day, most of the day I either talk to myself out loud, in my head or on tape and all I say are positive things. Over and over I repeat positive things. Initially I was yelling at myself to just drown out the negative thoughts bouncing back but over the weeks I have become considerably quieter. I'm now blown away by how many negative people there are in this world. I hear constant negative things from people and I never heard any of this before. In fact, I think I was one of the worst culprits for negative self talk. Suddenly people are smiling at me and seeking out my company, the most incredibly lucky things are happening to me and things that I couldn't do because I wasn't capable before are suddenly a breeze. I don't really know how it has happened but 6 months after my husband walked out, I now feel happier than I ever have before. I feel so completely in control of my life and my thoughts. I can't wait to start creating the story of my future. This book is not the most well written book and there are a lot of things repeated, but if you take on board what is being said, you'll understand that that repetition is designed not only to get the messages into your head but also to build a complete picture of what you need to do. Seriously, if your struggling to find happiness in life or to get your life moving forward after some kind of trauma, then read this and just drown yourself in it as I did. Don't hang onto hurt. You won't believe how wonderful it feels when you stop beating yourself up.

Yes, this book is a little verbose. That's okay. The nuggets of truth are easy to find. Still, I caution readers to think about the usual definition of "negative self-talk", while reading. An example of negative-self-talk given in this book is (after dropping a plate of food): "I'm so clumsy." Like all self-help-ish books, this one asserts that the thought is negative. I don't think so. Far from being negative, such phrases are attempts at avoiding self-condemnation, where it is probably due. An accurate self-talk / self-help thought would have been something such as, "I was walking too quickly with that plate of food. Next time, I will walk more slowly so I have less chance of dropping it." Things such as, "I'm so clumsy" help us avoid true self-reflection and choice. Based on experience,

I suspect most things labeled as "negative talk", are actually 'avoidance-talk'. In short, the book has some great information and ideas, but my experience is that honest self-talk is more important than anything else. Change comes from admitting both possibilities and actual fault which can and should be changed. (Fault is not negative, it's positive, when it's accurate.)

This is a wonderful book. The explanations for why and how we get ourselves into our negative behaviors are so dead on. Practical, easy to follow advice on how to retrain your brain into more positive thinking and better outcomes for life. Just awesome.

This is an incredible resource for anyone, period. If you want to see the world in a new way, operate your life more effectively and have more influence over yourself and others, you simply must get this book, read it, practice it and live it. A mentor of mine has mentioned it multiple times in the time I've known him and it wasn't until recently that I committed to reading it; I am still kicking myself for not getting it sooner. Don't do what I did and miss the fantastic opportunity this book gives you to be the person you want to be in your life. Simply put, it's a gamechanger

This a very powerful little book because it relates to how the brain works. All of us are going to have inner conversations. We can call it self-talk or thinking. Our brain does not discriminate. Whatever you tell it consistently it will believe. How do we change the conversations? We change by repeating the truth whether we feel like it or not. What happens is the negative programming begins to be replaced. We take those negative thoughts captive. When we are struggling, we make sure that our action is positive action leading to positive thinking and not negative action that leads to negative thinking.

We all have an inner voice that carries on a conversation with us. I've now studied this book for years and given it away to many people. It makes a difference what we say to ourselves and Shad Helmstetter explains the five conversations and ways we tend to speak to ourselves. Every person who struggles with this life should read this book. Their OWN self talk may be the source of countless miseries.

This is an amazing book for anyone who is wanting to change their lives fir the better. It's an easy read, an teaches the importance of changing your self talk, pointing out how you can change your programming and change your life.

I never realized the number of negative thoughts I had in my head until I read this book and became aware of them. Practicing these methods each day has made a tremendous difference in my life. I am more confident and self assured.

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