



365 Days of Positive Self-Talk for Weight-Loss

By Shad Helmstetter Ph.D.

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“365 Days of Positive Self-Talk for Weight-Loss,” is a powerful daily inspirational guide with positive self-talk messages for every day of the year. The book also includes dozens of informative “Self-Talk Tips” throughout the book, giving readers a clear understanding of how self-talk works, and how to apply self-talk to weight-control and in every area of their lives. A breakthrough book for anyone who wants to lose weight, get healthy, and stay fit, from the author of the classic best-seller, “What to Say When You Talk to Your Self.”

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365 Days of Positive Self-Talk for Weight-Loss By Shad Helmstetter Ph.D. Bibliography

- Sales Rank: #519340 in Books
- Published on: 2016-02-16
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .52" w x 6.00" l, .68 pounds
- Binding: Paperback
- 206 pages

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Editorial Review

About the Author

Shad Helmstetter, Ph.D., is the author of 19 books in the field of self-talk and personal growth, including the classic best-seller, "What to Say When You Talk to Your Self." His recent book, "The Power of Neuroplasticity," is based on the science behind positive self-talk. Dr. Helmstetter's books are published in over 70 countries worldwide. He has appeared on more than 1200 radio and television programs including repeat appearances on Oprah Winfrey, ABC, CBS, NBC, and CNN News.

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