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(Helmstetter). Year after year, word by

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word, our life scripts are etched. Layer by layer our self-images are created. Hundreds, even thousands of times, we tell ourselves the same words and thoughts repeatedly of what we cannot do, cannot and will never accomplish. Repetition is a convincing argument!

Harnessing the Awesome Power of

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Self-Talk

In one of the most popular and influential books on the subject, *The Self-Talk Solution*, Shad Helmstetter regards positive self-talk as having a virtually hypnotic effect on our psyche. Simply change the way you talk to yourself in a given area and surprising improvement will soon begin to take place.

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Dr. Shad Helmstetter, Ph.D is the best-selling author of thirteen books in the field of personal growth, self-talk, self-esteem, personal programming, and

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goal-setting. His books are published in more than 65 countries around the world.

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Helmstetter discovered is that what we say to ourselves immensely effects our subconscious and thus our life. If you have ever read any self help material you surely know that the life is the manifestation of the subconsciousness.

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Here are some of my favorite highlights from this awesome book, "What to Say When you Talk to Your Self" by Shad Helmstetter.

Fave highlights from What to Say When you Talk to Your Self

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