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Ph.D. is the author of more than twenty books in the field of personal growth. His ground-breaking classic on the subject of self-talk, "What to Say When You Talk to Your Self," is published in over 70 countries, and is in its 45th printing in 30+ years of publication.

**Shad Helmstetter -
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Structure your new
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script first thing in the
morning and just
before you go to bed.

Self-Talk Scripts:

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(Adapted from scripts
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February-March 2016

January 30-February 5:

Friend, I pray that all
may go well with you
and that you may be in
good health, just as it
is well with your soul.

(3 John 2) February

6-12: Cast all your
worries onto Jesus,
because he cares for
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About Dr. Shad Helmstetter - Shad Helmstetter

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success or failure, and he identified the actual self-talk words and phrases which most impact our individual programming.

About Dr. Shad Helmstetter - The Self-Talk Store

Those are just some of the reasons. If you want to get down to the nitty-gritty, I suggest reading The Self-Talk Solution by Shad Helmstetter,

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which is one of the main sources of my information. I've gathered other supporting information on this topic from various other experts in the field of psychology.

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