



365 Days of Positive Self-Talk for Weight-Loss

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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