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Shad Helmstetter, 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. Dr. Helmstetter has appeared on over 1200 radio and television programs, including repeat appearances on Oprah Winfrey, ABC, NBC, CBS, and CNN News.

Shad Helmstetter – SelfTalk

Shad Helmstetter 's approach to Self-Talk is that it is our subconscious programming, and that it is critical in determining our life successes and failures. Using

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numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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way to override our past negative programming by  
erasing or replacing it with conscious, positive new  
directions.”

The Self Talk Solution

Shad Helmstetter 's approach to Self-Talk is that it is



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our subconscious programming, and that it is critical in determining our life successes and failures. Using numerous examples of "proper" Self-Talk, Helmstetter takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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Shad Helmstetter is the pioneering dean in the field of self-talk. He is the first behavioral researcher to focus on the role of self-talk as a primary programming source that directs our life path and personal effectiveness, and he identified the actual self-talk words and phrases which most impact our individual programming.

About Dr. Shad Helmstetter – Shad Helmstetter  
This is the official source for all of Dr. Shad Helmstetter ' s complete library of self-talk sessions – – from weight-loss and self-esteem to career and business-building, success, relationships, and more. All yours, all of the time, for one, low, monthly

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takes the reader on a tour of the psychology and physiology of Self-Talk, and how our notions of ourselves and others impact our lives.

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In fact, it can be a powerful tool for personal change. In this engaging audio presentation, Shad Helmstetter explains how to take charge of your life through the use of positive self-talk. Specific, practical, and easy, The Self-Talk Solution can help you achieve a higher level of success at everything you attempt.

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