

Self Talk Solution Shad Helmstetter

80% of the average person's inner mental chatter is negative. But everyone has the power to change theirs. Want to achieve your goals, be more content with yourself, and live your best life? Don't let negative thinking hold you back. Changing how you talk to yourself in your thoughts is the most effective way to change your approach to your exercise routine, diet, relationships, work and life. After reading this book you will know how to: Apply better mental strategies and tricks to daily life through changing negative thinking into positive thinking Use simple exercises to expand your thinking Declutter your mind of unproductive thoughts Finally achieve the things you couldn't motivate yourself to do before Approach your relationships to others and yourself with better understanding with self love Stop racing thoughts Stop worrying Gain distance and necessary perspective from your thoughts

"365 Days of Positive Self-Talk for Finding Your Purpose" gives the reader an inspiring Daily Calendar Guide to finding life's greatest value and meaning. Upbeat and uplifting, the book also features helpful "Self-Talk Tips" and personal "Author's Notes" that explain how self-talk works, and how to apply positive self-talk in every area of

life. This book is inspiring, motivating, informative and immediately helpful. From the author of the classic best-seller, "What to Say When You Talk to Your Self."

The Self-Talk Solution contains revealing self-tests that help readers discover the negative messages they have really been giving themselves. With Helmstetter's proven Self-Talk scripts, anyone can take control of his or her life--for good!

The Self-Talk Solution is a complete Self-Talk program, providing the reader with specific Self-Talk applications in the areas of personal growth, family and relationships, fitness and health, career and skill building, problem solving, personal organization, and accomplishment.

Have you missed a sale lately? Did you do a poor job presenting your solution... or the problem? Most advisors don't sell the problem adequately before attempting to sell their solution. The prospect must buy the cost of the problem first! Learn to sell the pain, the loss and the unwanted consequences of the problem and you will have an easy time selling the problem!

Can't stop your critical thoughts? With mindfulness, you have critical thoughts... without the suffering. From an early age, many of us have this critical voice in our head which we called the inner critic. It's the voice that tells us: You are not good enough. You will never amount to anything. You are a bad

person. You don't deserve love. No one loves you. You can't do it. We have tried many different exercises and techniques to get rid of it, but nothing works. These intrusive thoughts keep popping up whenever they want. And makes us feel frustrated. Instead of overcoming our self-criticism, we end up making the inner critic our enemy and blame ourselves for having such self-loathing thoughts. Some of us even believe that beating ourselves up is good for us and keeps our behaviors in check. Have you tried to stop your negative thoughts? How is that working for you? Self-criticism isn't the problem. Our resistance to it is. The truth is we can't control most of our thoughts. Our unhealthy, habitual ways of thinking are the result of past conditioning, and they have become a part of our protective mechanism. It's not easy to change this system overnight. Instead of fixing and resisting our thoughts, we can change our unconscious reactions to those judgments. Our inner critic might be unkind to us, but that doesn't mean we have to believe everything it says. The reason why we continue to feel hurt by our negative self-talk is not that the words are hurtful. It's because we are quick to believe that these harsh criticisms about us are true. Download - The Disbelief Habit: How to Use Doubt to Make Peace with Your Inner Critic The purpose of this book is to help you be more aware and skeptical of your self-loathing thoughts. In this book, you'll learn: Why you shouldn't take your

thoughts too seriously Why your mind is so critical and hard on you What are the four common reactions to self-criticism and how to react to your critical thoughts What is and what isn't disbelieving 5 examples of how to separate the truth from the fiction How to notice your unconscious reaction How to identify the message that your inner critic is conveying How to make doubting your new habit The Disbelief Habit provides you the steps to practice mindfulness and make peace with your mind. Just test it out and experience the change for yourself. Scroll to the top of the page and get a copy of The Disbelief Habit now

Each of us learns more than 20,000 words in our lifetime. The 'success people'--the people who have the greatest sense of well-being and peace of mind--focus on a short, select group of these words. By using these special words often, they become wired into the brain of the person who uses them, guiding the person in everything they do. Hidden in plain sight, these are the "secret words of success."Based on more than 35 years of work in the field of personal growth, in this remarkable book, Shad Helmstetter brings to light the special words you can use to literally rewire the software of your brain with positive programs of success, well-being, and peace of mind. Along with the most important success words and their meanings, Dr. Helmstetter has also included specially-worded self-talk phrases

to help you immediately apply each of the words in the most effective way. Special reader support tools. Making this book even more helpful is an impressive list of downloadable support materials that are available to the reader at no cost. These optional extras include: * The 68-page 'Secret Words Workbook' designed to be used by individual readers, or for groups or organizations. * The parchment-style 'Secret Words Wall Poster' listing all of the secret words-to keep the special words in front of you in your home or office.* Easy-to-use goal-setting forms for your personal use. Download and print out as many as you need.* The complete 'Six Weeks to Success, ' comprehensive, six-week self-coaching program from Dr. Helmstetter, designed for home use.

_____The Secret Words of Success is a book you will want all of your family to share. And it is a treasure you'll want to keep for a lifetime

Are you having problems with the boss? Wishing you could be a better spouse? Not communicating well with your employees? Having trouble building business relationships? Or would you just like to improve your people skills and your ability to make strong, lasting impressions on the men and women you meet every day? The solution is "Skill With People!" Les Giblin's timeless classic has what you need to get on the fast track to success at home, at work, and in business. Life lessons from the Master

of basic people skills. Described as "the most wisdom in the least words", Skill With People has sold over 2 Million copies and has been translated into 20 languages. Credited with transforming the lives of its many readers, Skill with People is a must-have for everyone's personal library. Communicate with impact. Influence with certainty. Listen with sensitivity. "Skill With People" shows you how! Explains how to change one's attitudes towards food and eating, discusses the concept of self-talk, and looks at techniques for positive reinforcement Have you ever wished you could reprogram your brain, just as a hacker would a computer? In this 3-step guide to improving your mental habits, learn to take charge of your mind and banish negative thoughts, habits, and anxiety in just twenty-one days. A seasoned author, comedian, and entrepreneur, Sir John Hargrave once suffered from unhealthy addictions, anxiety, and poor mental health. After cracking the code to unlocking his mind's full and balanced potential, his entire life changed for the better. In Mind Hacking, Hargrave reveals the formula that allowed him to overcome negativity and eliminate mental problems at their core. Through a 21-day, 3-step training program, this book lays out a simple yet comprehensive approach to help you rewire your brain and achieve healthier thought patterns for a better quality of life.

"Your life experiences are the result of what you are

thinking and believing about your self -- habitually. If you want a life that is powerfully joyful and meaningful, this is the book for you! This book teaches how to get the hell out of your own way by dropping the victim mentality. Learn how to develop practices that empower you to embrace Radical Self-Love and thereby express your authentically loving and powerful Self. Stop Being Stupid is not only about being your best self, but about making the difference only you can make! You have nothing to lose but fear, boredom, resignation and regret!"--Amazon.com.

“Constructive wallowing” seems like an oxymoron. Constructive is a good thing, but wallowing is bad. Right? But wait a minute; is it really so terrible to give ourselves a time-out to feel our feelings? Or is it possible that wallowing is an act of loving kindness, right when we need it most? Just about everyone loves the idea of self-compassion -- the notion that maybe in spite of our messy emotions and questionable behavior, we really aren’t all that bad. In recent years there’s been an explosion of books that encourage readers to stop beating themselves up for being human, which is terrific. Unfortunately, readers who aren’t interested in Buddhism or meditation have been left out in the cold. Self-compassion is an everyday habit that everyone can learn, even if they a) aren't particularly spiritual, b) find most books about self-compassion too serious,

or else c) have already overdosed on meditation. Constructive Wallowing: How to Beat Bad Feelings by Letting Yourself Have Them is the first book to cut right to the chase, bypassing descriptions of Eastern philosophy and meditation techniques to teach readers exactly how to accept and feel their feelings with self-compassion for greater emotional health and well-being ... while making them laugh from time to time. It seems that the wisdom of "keeping your friends close and your enemies closer" applies to emotions as well as people. It's tempting to turn away from menacing, uncomfortable feelings like anger, grief or regret and treat them like unwanted guests; however, ignoring them just seems to make them stick around. They lurk in the background like punks with switchblades, waiting to pounce as soon as they see an opening. By learning to accept and embrace, rather than suppress, difficult feelings, people can keep their sense of personal power and, better yet, gain greater understanding and ultimately esteem for themselves. Feeling bad can actually lead to feeling better, faster!

"Self-Talk for Self-Esteem" is a concise, practical guide to improving your self-esteem. It is based on the author's forty years of experience studying, writing about, and teaching how self-esteem is formed, and how anyone can change it. This 60-Minute book™, written for today's busy reader, shows you how to immediately identify the self-talk

that literally wires your brain to help you fail, and replace it with the healthy, positive self-talk that wires your brain for success.

Amazon UK Bestseller. By reading this book, you'll discover how to deal with your anxiety, and stop your overthinking for good. What you'll learn: -How to Control Overthinking and Eliminate Negative Thoughts in Just a Few Minutes. -10 Powerful Tactics to Stop Anxiety. -How to Sleep Better, Even if Your Head Is Full of Thoughts.

From the best-selling author of "What to Say When You Talk to Your Self." Dr. Shad Helmstetter's latest book, "365 Days of Positive Self-Talk," is wonderfully uplifting as a daily inspirational guide, with positive selftalk messages for every day of the year. Along with the powerfully motivational self-talk messages, the book includes dozens of helpful and informative "Self-Talk Tips" throughout the book, giving readers a clear understanding of how self-talk works, and how to apply it in every area of their lives. (This book is a perfect gift for yourself, and for everyone you care about.)

"Powerful new techniques to program your potential for success"--Cover.

A daily inspirational guide with positive self-talk messages for every day of the year. Provides a clear understanding of how self-talk works, and how to apply self-talk to weight-control and in every area your life. For anyone who wants to lose weight, get healthy, and stay

fit, from the author of "What to Say When You Talk to Your Self."

Anne Poirier's *The Body Joyful* is a game changer. It is an anti-diet book, a rejector of societies "thin ideal," and a new perspective in a Covid world. It provides insights and strategies and is a roadmap to help you shift the way you think, act, and live. Inspiring and empowering, this relatable story offers the reader permission to find self-worth, hope, healing, and transformation, regardless of weight, size or shape. In the words of author and speaker Brian Tracy "This inspiring, motivational book will help you unlock your self-confidence and feel wonderful about yourself. You'll learn that you have no limits" If you are ready to stop depriving yourself with diets and beating yourself up with self-criticism, this book is for you! Read it and join the *Body Joyful Revolution Tribe* now.

The latest book from Shad Helmstetter, Ph.D., the author of the classic personal growth best-seller, *What to Say When You Talk to Your Self*. *The Gift* is the inspiring story of women and men who are changing their own lives - by helping other people change theirs. This beautifully-written book helps you put the 12 best personal growth concepts ever discovered into practice - in your personal life and in your career.

Coffee Self-Talk is a powerful, life-changing routine that takes only 5 minutes a day. Transform your life, boost your self-esteem, become happy, and attract the magical life you dream of living.

Feel overwhelmed by your thoughts? Struggling with anxiety about your daily tasks? Or do you want to stop

worrying about life? The truth is...We all experience the occasional negative thought. But if you always feel overwhelmed, then you need to closely examine how these thoughts are negatively impacting your lifestyle. The solution is to practice specific mindfulness techniques that create more "space" in your mind to enjoy inner peace and happiness. With these habits, you'll have the clarity to prioritize what's most important in your life, what no longer serves your goals, and how you want to live on a daily basis. And that's what you'll learn in *Declutter Your Mind*. **DOWNLOAD:: Declutter Your Mind -- How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking** The goal of this book is simple: We will teach you the habits, actions, and mindsets to clean up the mental clutter that's holding you back from living a meaningful life. You will learn: ** 4 Causes of Mental Clutter ** How to Reframe ALL Your Negative Thoughts ** 4 Strategies to Improve (or Eliminate) Bad Relationships ** The Importance of Decluttering the Distractions That Cause Anxiety ** A Simple Strategy to Discover What's Important to YOU ** 400 Words That Help Identify YOUR Values ** The Benefit of Meditation and Focused Deep Breathing (and How to Do Both) ** How to Create Goals That Connect to Your Passions *Declutter Your Mind* is full of exercises that will have an immediate, positive impact on your mindset. Instead of just telling you to do something, we provide practical, science-backed actions that can create real and lasting change if practiced regularly. Would You Like To Know More? Download now to stop worrying, deal with anxiety, and clear your mind. Scroll to the top

of the page and select the buy now button.

What if you discovered that the life you want is possible and that you already have everything you need to make it happen? Successful speaker and solution-focused coach, Alison Robertson, shows you how to find purpose and joy in your life with her warm guide to regret-free living. *Enoughness: The Simple Truth of Embracing YOU* teaches you how to achieve your goals without compromising who you are or what you want. Discover how to: Free yourself from your own prison of "should" and your idea of how things are supposed to be, and instead embrace yourself in your exquisite fullness. Trust your inner voice. You can already handle the truth, you just don't know it yet. Get the career you desire and the relationships that truly nurture you. Remove inner fears and roadblocks by using daily key phrases to reprogram your brain from a negative to a positive outlook. Many self-help books offer a one-size-fits-all approach, promising you cookie cutter tips to live a good life. *Enoughness* brings Alison's straight-talking advice right to you in this reassuring guide to build an authentic life, focused on what happiness means to you. Alison is determined to prove that you can create a multi-passionate life by letting go of what you think "should" be happening, and instead grasping that you're already enough in this very moment.

A know-how gives his views of and explains his techniques for making the best decisions on choices in any and all situations

How to be Human is the only manual you need to help you upgrade your mind as much as you've upgraded

your iphone. 'With this marvellous book, Ruby Wax has confirmed her position as one of the most readable, inspirational and engaging writers in the field of human mental health, happiness and fulfilment.' Stephen Fry "It took us 4 billion years to evolve to where we are now - completely brilliant and yet, some might say, emotionally dwarfed. The question is: can our more empathetic side catch up in time to save us and the world? I've got nothing against smarts, but it's smarts without emotional awareness that got us into this position of being able to nuke each other into oblivion and rape the earth for oil." With a little help from a monk (who tells us how our mind works) and a neuroscientist (who tells us how our brain works), Ruby Wax answers every question you've ever had about: evolution, thoughts, emotions, the body, addictions, relationships, sex, kids, the future and compassion. Filled with witty anecdotes from Ruby's own life, and backed up by smart science and practical mindfulness exercises, How to be Human is the only manual you need to help you upgrade your mind as much as you've upgraded your iphone. 'Ruby has beautifully fused neurology and spirituality and given us a means to cope with operating both a mind and a brain. If this mental upgrade works then all other books will become defunct as we repose in bliss.' Russell Brand 'How to Be Human is, without exaggeration, a lifeline; wise, practical and funny, it is a handbook for those in despair. It is actually for everyone alive, for the curious, or disillusioned or muddled or just plain happy.' Joanna Lumley

"Self-Talk for Stress, Anxiety and Depression" will help

you get rid of the negative self-talk and programming that are the cause of most stress and anxiety. Along with the helpful tools it offers, this easy-to-read book is also immediately uplifting and calming—even when you're reading it. In this 60-Minute Book, written for today's busy reader, Dr. Helmstetter gives you all of the important information you need to begin identifying negative programs you may have now, and replacing them with the self-talk that puts you back in control.

The author of *Reality Therapy* and *Take Effective Control of Your Life* shows readers how to gain strength and self-esteem through positive behavior.

Discusses the ten most damaging myths that prevent people from leading happy lives and offers advice to attain renewed enthusiasm and self-confidence

Master Cribbage and Impress Your Friends! Inside How to Play Cribbage, you'll discover everything you need to know to have fun with this fascinating game: Basic beginner strategies for quick success and more wins

Tactics for making smart choices on the discard How to take the lead – and reply to your opponent's lead Tips for playing cribbage with 3 to 6 players Originally

invented in the 1600s, cribbage became very popular with sailors (especially in the mid-1900s). During World War II, American submarine crews on long voyages became avid cribbage players. Admiral Richard O'Kane was once dealt a perfect hand in a cribbage game – and his lucky cribbage board has been passed down by generations of submarine captains. You can embrace the modern tradition of cribbage by learning the simple and compelling rules of the game. All you need to play is

a friend (or a group of friends), a deck of cards, and a cribbage board (a board with 121 holes and pegs for each player). With this easy-to-understand guidebook, you can quickly pick up the basics of the game, including pegging, counting, and “quick counting.” You’ll learn about the “perfect 29,” how to win with 121 points, and how to “skunk” your opponents. You’ll find out how to use the “crib” (the namesake of the game) to your advantage – both as the dealer and a non-dealer. This book even offers sneaky tactics for experienced players, such as using “muggins” to keep your opponents honest and earn more points! When you read *How to Play Cribbage*, you’ll discover a special bonus chapter which describes Captain's Cribbage, a variant of 3-person cribbage. In three successive rounds, players take turns teaming up together and acting alone as the “captain.” This blend of teamwork and competition creates a fun and challenging twist on this classic game! Don’t wait another minute to start learning this exciting and social game – get your copy of *How to Play Cribbage* right away!

Talking to ourselves - and learning to listen We all speak to ourselves on a daily basis. Whether it's out loud or an internal (or infernal) commentary, we all practice self-talk and, how we speak to ourselves can have a significant effect on our emotions and subsequent actions. Some people's self-talk is mostly about the future while, for others, it's an internal dialogue about the past. Some self-talk is positive and upbeat, while other self-talk is harsh, critical or defeatist. Self-talk can focus on other people but, more often than not, it is about ourselves - and is

often negative. If you listen carefully, you'll notice that your inner conversation reflects thoughts and emotions. Self-talk isn't random. It exhibits patterns that repeat themselves. And everyone has their own characteristic self-talk that is uniquely theirs. In *The Science Of Self-Talk* mindfulness expert, Ian Tuhovsky, explains how we can re-write the script when it comes to our internal communication. Through a series of simple exercises for use in daily life, you can understand your own self-talk in order to change the conversation. Learn how you can listen to and understand your internal dialogue in order to change it. Many of us practice negative self-talk by default - how many times have you called yourself an idiot or chastised yourself for not being good enough? Negative self-talk is a harmful habit which can lead to anxiety, depression and helplessness and, yet, this is something that most of us do on a regular basis. For many people, this is learned behaviour whereby caution against boasting leads to self-criticism or self deprecation. For others, this is a natural reflection of the self and one that can slowly corrode self esteem. This unique book covers: ?Constructive self-talk and dysfunctional self-talk - and knowing the difference.?The impact of negative self-talk?Learned helplessness?Positive self-talk - challenge or threat??The Pareto Principle which says that, for many events, roughly 80% of the effects come from 20% of the causes.?Creating the right circumstances for motivation?Getting to know yourself?Loving yourself - emotional intelligence?Turning down the volume on your self-talkIn the past, people who engaged in negative self-

talk or self-criticism were often labelled 'perfectionists', insinuating that it's actually a positive thing but it's so much more damaging than that. Learning to identify our negative self-talk behaviour is the first step toward freeing us from its grip. With the right tools, we can change our internal dialogue, opening ourselves up to new opportunities, increased self-esteem and confidence. More than just a self-help manual, *The Science of Self-Talk* is a Positive Psychology Coaching Series which explains the roots of self-talk, or, intrapersonal communication. The book explains that these are the thoughts that we 'hear' with the auditory part of our brain and which add a kind of commentary to our daily life. Self talk is a little like turning on the director's commentary on a movie. You can simply watch the movie or you can add in commentary about what's happening in it - this is, in a nutshell, what most of us do in our daily lives. *The Science Of Self Talk* can help you to re-write the script of your movie and improve the way that you - and others - see yourself.

We all worry about things from time to time, but some of us just can't seem to stop expecting the worst—even when our expectations are very unlikely to occur. This condition, chronic worry, is disruptive all by itself, and it can lead to other, more serious anxiety problems. This little book—the fifth in New Harbinger's Ten Simple Solution series—offers a handful of easy and effective techniques for getting rid of worry once and for all. Drawing on powerful psychotherapeutic techniques, *10 Simple Solutions to Worry* is a succinct resource of cognitive-behavioral techniques for controlling worry and

reducing stress. Exercises include self-assessments, motivation builders, relaxation training, and cognitive restructuring. After identifying and changing the negative thoughts that result in worry, you'll learn to replace worry behaviors with other, more positive and constructive activities.

Have other self-help and personal empowerment books given you a sense of hope, yet failed to deliver lasting relief? Are you feeling so unhappy- or so chronically depressed and anxious- that you just can't generate enough energy to "process your issues" and unload your emotional baggage? If so, you may finally have come to the right place!"Don't Kill Yourself...Yet" offers readers long-term relief from mental misery, without requiring a lot of tiresome psychological processing. In a colorful, irreverent voice, author Michael McTeigue shares The Seven Life Hacks, which are destined to improve your thoughts, feelings, and actions in a very short time. The secret to crushing depression and anxiety lies in resurrecting your life force. Four key factors are annihilating your life force, from moment to moment, every day: your thoughts, your interactions with others, the circumstances of your daily grind, and your relationship with your body. Michael, who overcame his own depression, gives you his simple yet memorable life hacks to shield your life force in every situation you encounter. As you consistently conquer the energies that diminish you in the present moment, your life force miraculously renews itself, and your mental and emotional suffering dissipates. You start to feel like your "old self"-like your real self-again. "Don't Kill

Yourself...Yet" is not for everyone. It's not an inspirational pep talk about the power of positive thinking. It doesn't even promise enduring happiness, success, and emotional fulfillment. But if permanent relief from constant mental misery-and clawing your way back up to "Neutral"-is exactly what you are looking for just now, The Seven Life Hacks are your ticket to a better tomorrow!

ABOUT THE AUTHOR Michael McTeigue considers himself the quintessential disillusioned New Age idealist. As a young man, he enthusiastically embraced the great promise of the human potential movement and mankind's imminent spiritual awakening. When the dawn of the new millennium came and went and nothing much changed, Michael gradually descended into a dogged depression born of thwarted ambitions and broken dreams. He spent the ensuing years digging his way out. In the process, Michael developed The Seven Life Hacks, which he hopes will help lighten the load for each person who tries them. Michael has written four books. He is married with two daughters and resides in Northern California. Contact Michael at The7LifeHacksATgmail.com.

ABOUT THE ILLUSTRATOR Lawrence Moorcroft is a commercial artist, illustrator, and feature film animator. He has designed and built theme park rides and monsters in glass fiber. He enjoys drawing and illustrating books and children's stories. Lawrence recently turned to writing an adventure story for boys called The Other Marco. A blog of the same name illustrates and promotes this venture. Psychotherapist Jonathan Alpert shares his revolutionary five-step program that teaches readers to get rid of their

fears--large and small--and find true happiness and success. Most people have something that gnaws at them at night, a mess or unrealized dream somewhere in their lives that causes them to feel stuck, out of control, overwhelmed, incomplete, and dissatisfied. They want to run away, back away, and ignore what they fear--whether it's a demanding boss, unsatisfying sex life, or distant love interest, but they can't. The fear finds them anyway. It's always there, and it's the source of all of their unhappiness. It's what lies behind every problem, and it's what stands between them and the lives they were meant to live. Psychotherapist Jonathan Alpert wants readers to know one thing: you can face your fear and create your ultimate life--and you can do it quickly. You can find your dream job. You can end that dead end relationship and get the love you want and deserve. You can overcome perfectionism, procrastination, panic, worry, rejection, failure, excuses and even the people in your life who keep telling you that you can't. You can turn your dreams into reality. You can find happiness, success and love. And you don't need years of therapy or even medications to do it. BE FEARLESS is a 5 step plan that is guaranteed to transform the fearful into fearless. It's based on a revolutionary formula developed by Jonathan Alpert, and it's worked on countless patients whose amazing stories are told throughout the book. In as few as 3 weeks readers will transform their lives using the 5 step program: Define Your Dream Life Break Your Fear Pattern Rewrite Your Inner Narrative Eliminate Your Fear Response Live Your Dream By teaching readers to use fear to their advantage and take important risks BE

FEARLESS will make the impossible possible.

Based on more than 25 years of research in the field of motivational behavior, bestselling author Dr. Shad Helmstetter reveals the actual difference between people who succeed in their lives - day after day - and people who don't. For the first time in any book, Shad Helmstetter discloses three underlying breakthrough concepts that are foundational to successful personal and professional growth in each of us. He discovered that when the three concepts are combined, they virtually guarantee success. In an easy-to-follow program that takes the self out of self-help, Dr. Helmstetter shows the reader how to use these breakthrough concepts to lose weight and improve physical fitness, increase income, build self-esteem and self-confidence, improve family and relationships, reduce stress, and become more organized and in control. Presenting the most important and up-to-date findings from the field of motivational research, Dr. Helmstetter immediately helps the reader get rid of old mental programs, find focus, set and track goals, stay motivated, and have help along the way. Too many of us miss out on opportunities in life because we lack self-confidence. Whether it's public speaking, taking on a leadership role, or asking someone for a date, there are situations in which we just don't feel equipped to handle the challenges we face. Russ Harris offers a surprising solution to low self-confidence, shyness, and insecurity: Rather than trying to "get over" our fears, he says, the secret is to form a new and wiser relationship with them. Paradoxically, it's only when we stop struggling against our fearfulness that we begin to

find lasting freedom from it. Drawing on the techniques of Acceptance and Commitment Therapy (ACT), a cutting-edge form of cognitive-behavioral therapy, *The Confidence Gap* explains how to:

- Free yourself from common misconceptions about what confidence is and how to build it
- Transform your relationship with fear and anxiety
- Clarify your core values and use them as your inspiration and motivation
- Use mindfulness to effectively handle negative thoughts and feelings.

What Should You Say When You Talk to Yourself? Have you ever noticed the things you say to yourself—and believe? I could never do that. They don't like me. I am such an idiot! You wouldn't talk that way to anyone else, yet phrases like these constantly flow through your mind, leaving you insecure and defeated. Jennifer Rothschild was there, as well, until she learned how to replace the lies with truth. With wisdom and authenticity, Jennifer will help you... silence the negative voices in your mind as you learn to speak kindly to your soul grow in confidence by replacing the lies that shackle you with the truth that sets you free overcome a lifetime of damaging self-talk by practicing godly and biblical soul-talk Plus, you'll hear from Lysa TerKeurst, Laura Story, Lisa Whelchel, Stormie Omartian, and other popular authors and speakers as they share what they say when they talk to themselves.

Why is it easier to ruminate over hurt feelings than it is to bask in the warmth of being appreciated? Because your brain evolved to learn quickly from bad experiences but slowly from the good ones. You can change this.

Hardwiring Happiness lays out a simple method that

uses the hidden power of everyday experiences to build new neural structures full of happiness, love, confidence, and peace. Dr. Hanson's four steps build strengths into your brain—balancing its ancient negativity bias—making contentment and a powerful sense of resilience the new normal. In mere minutes each day, we can transform our brains into refuges and power centers of calm and happiness.

This business-success coach and president of the Dallas/Fort Worth Freedom Builders provides practical ideas and tools to help readers change the mental programs that are holding them back, and add positive new programs that will help them move forward in the future.

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