



Negative Self Talk Destroyed: Positive Thinking Made Easy, Gain Power, Confidence, Mindfulness to Eliminate Damaging Thoughts

By Cassandra Slain

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. This book will help you learn more about negative self-talk, and how it can affect your life. You'll also learn how to identify when you are being negative, and how to change your internal dialogue and guide your mind to becoming more positive. When you have achieved this, you can then learn to overcome the obstacles that negative self-talk has placed in your life, which will allow you to become more resilient, confident, and mindful of yourself and your thoughts. Take a look at what's inside! Speaking To Ourselves Consciousness and the Mind Why Negative Self-Talk Is Wrong Knowing Your Enemy Taking Back Control Countering Strategies Self Talk Tips Much, much more! Download your copy today, and make a change! Keywords: Positive Thinking, Negative Self Talk, Mindfulness, Control, Help, Power, Confidence, Eliminate, Damaging, Thoughts.

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