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Self Talk for a Calmer You

Self-Talk for a Calmer You: Learn How To Use Positive Self-Talk To Control Anxiety And Live A Happier, More Relaxed Life by Beverly Flaxington Format: Paperback Change

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With Self-Talk for a Calmer You, you can change the way you approach your worries and finally break free from the tight grip of anxiety. Filled with practical advice and positive self-talk scripts, this empowering guide provides a variety of strategies for dealing with uneasy thoughts in a constructive manner and moving past detrimental hangups.

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Self-talk is basically just the constant chatter that is going on in your head. It's important to remember that your self-talk is not always true or meaningful. It's

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definitely not always helpful or productive. Let's take an easy example. The night before an exam you might have thoughts like: "What...

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Recorded Books - Self-Talk for a Calmer You

Soothing Self-Talk Affirmations to Raise Your Vibration: 1. "For whatever reason,

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this is where I am supposed to be right now." 2. "It's okay to be upset, everyone gets upset sometimes." 3. "I can take the time to feel the way I need to feel right now." 4. "I don't have to be perfect, no one is." 5.

Soothing Self Talk For Hard Times (20 Calming Affirmations ...

From the workplace to personal relationships, Self-Talk for a Calmer You gives you the tools and confidence to develop a healthier way of thinking, overcome stressful situations, and reclaim your life.

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There is actually more than one kind of self-talk, and more than one way to perform that self-talk. The key is to make sure that you're always positive (genuinely - not passive aggressive) and that you're saying things to yourself that represent the way you want to feel.

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