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Helmstetter, Ph.D.

Jim Kwik: How to End  
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*Page 13/34*

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Reduce feelings of stress and anxiety.

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Relax. Re-build confidence and self esteem. Re-create your perfect life/work balance. Live your life with ease and joy. “ Nadine Rocks - pure and simple! Just talking to her is so calming and I feel better before she 's even taken me through a meditation.

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It can be

encouraging, and it  
can be distressing.

Much of your self-talk  
depends on your  
personality. If  
you ' re an optimist,  
your self-talk may be  
more hopeful and  
positive. The  
opposite is ...

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## Positive Self-Talk: Benefits and Techniques

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