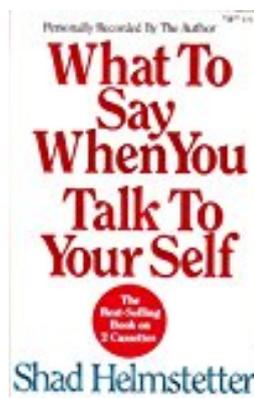


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About the Author Shad Helmstetter, PhD, is a bestselling author of many personal growth books, and the leading authority in the field of Self-Talk. --This text refers to an out of print or unavailable edition of this title.

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