



## Self-Talk Your Way to Success

By K. Akhter

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### Self-Talk Your Way to Success By K. Akhter

This book introduces you to a powerful technique called self-talk, which in a short time can transform your attitudes, expectations, and beliefs to enrich your life.

Whether you want to break a habit, increase your confidence, improve your performance, or change how you feel about yourself, you can do that and much more with the self-talk techniques in this book.

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