



Watch What You Say When You Talk To Yourself Vitamins to Ponder

By Robert Gerding

AuthorHouse. Paperback. Condition: New. 112 pages. Dimensions: 7.8in. x 5.0in. x 0.4in. Stop being your own doormat. Stop living your life through another human being and start learning to be you. This book will make you take a look at yourself and see what you are doing to yourself. It will cause you to look inside yourself and seek the truth about your life. The chapter Watch What You Say When You Talk To Yourself will reveal how we as humans actually talk to ourselves and how we respond to that talk. This is a book that will cause you to reshape your thinking and help you get more out of your life. It is not a self-help book. Rather it is a book that says, help yourself to more life and more living. Go ahead, dare to read this book and see what happens in the process. I put my snail mail and email address at the end of the book so you can write and let me know personally how the writings in this book have helped. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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