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a creative blend of self leadership strategies outstanding case studies and inspiring stories this powerful self improvement program is designed to help managers rise to new levels of personal effectiveness filled with self assessment questionnaires and developmental exercises it is an exceptional tool for improving one s leadership abilities charts tables

what to say when you talk to yourself

the latest book from shad helmstetter ph d the author of the classic personal growth best seller what to say when you talk to your self the gift is the inspiring story of women and men who are changing their own lives by helping other people change theirs this beautifully written book helps you put the 12 best personal growth concepts ever discovered into practice in your personal life and in your career

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