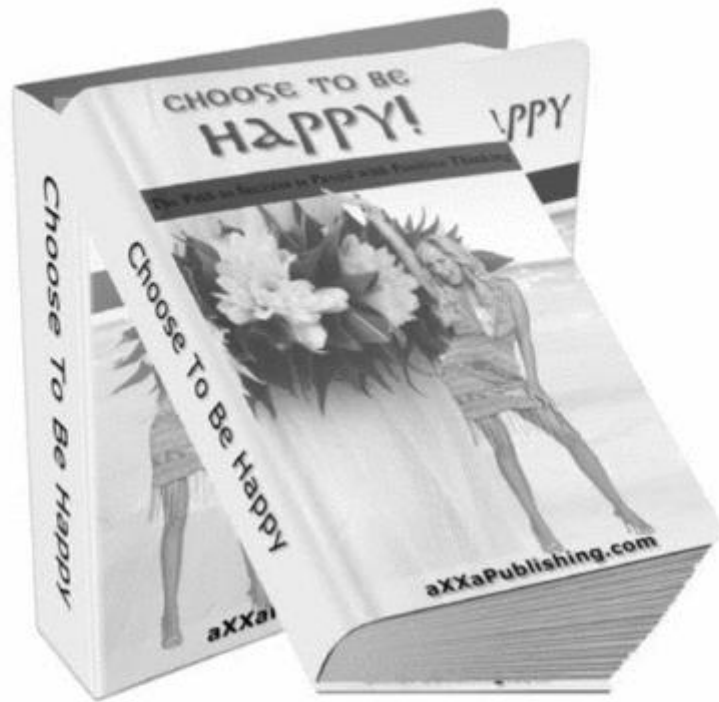


Choose To Be Happy



Choose To Be Happy

The Path to Success is Paved with Positive Thinking

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Self-talk is a method we use to become positive thinkers. When we talk over our problems with self, it helps us to come closer to ourselves and to learn to trust our actions. Using self-talk we can change our behaviors that interrupt our lives. We can use self-talk to find motivation to heal our body, mind and spirits.

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