



# The Gift: The 12 Greatest Tools of Personal Growth -- and How to Put Them into Practice

*Shad Helmstetter*

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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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