

**Not Crazy Yet?**  
**Then . . .**  
**Start Talking to Yourself**  
*Differently*



*BEAT the BOGEYMAN*

**Green Language**  
**Drama-Free Communication**

John E. Tompkins MFT

# Not Crazy Yet Then Start Talking To Yourself Differently

**Tahir Mahmood Malik**



**Not Crazy Yet Then Start Talking To Yourself Differently:**

Discover tales of courage and bravery in Explore Bravery with is empowering ebook, Unleash Courage in **Not Crazy Yet Then Start Talking To Yourself Differently** . In a downloadable PDF format ( \*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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