

**TALKING TO YOURSELF IS NOT CRAZY: CHANGE  
YOUR INNER DIALOG TAKE CONTROL OF YOUR LIFE**

**Patrick Ploss**

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Again, it takes practice. As Larry tells you, the most important part of his teachings is contained in the actions that you take immediately after learning something that you think can be helpful to you. Smartphone apps like Talkspace and LARKR provide virtual connections to trained and licensed therapists through chat or live video streams. Packagingshouldbethesameaswhat is found in a retail store, unless the item is different. When in doubt, trust your inner voice. About the author. More filters. That's right, regardless of what anyone says, talking to yourself is not crazy. Your email address will not be published. Please enter a number less than or equal to 5.