

**YOU'RE CRAZY IF YOU DON'T TALK TO YOURSELF**

**Isaac Willmore**

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### **Talking to Yourself Doesn't Mean You're Lonely if You're Doing it Right | Inverse**

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### **Is talking to yourself a sign of mental illness? An expert delivers her verdict**

You're Crazy If. You Don't Talk. To Yourself. By Steve Backlund. Dedicated to: Mark and Maryann Perdue. For your amazing support. The Mountain Chapel.

## **You're not crazy - science proves talking to yourself is great for stress relief - BGR**

6 Benefits of Talking to Yourself (No, You're Not Crazy) While you may catch some odd looks from people if you get caught talking to yourself at length . I don 't mind talking to my friends or partner about what's going on in their lives, but I'm .

## **People Who Talk To Themselves Aren't Crazy, They're Actually Geniuses**

job in hand. Can talking to oneself also help adults? It doesn't mean you're crazy -- talking to yourself has cognitive benefits, study finds.

## **Do You Talk To Yourself? Here's Why It Might Mean You're A Genius**

Likewise, if you are canned at work, it's ludicrous to pretend this was the best thing that could Aren't people who talk to themselves crazy?.

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