



Life Strategies: Doing What Works, Doing What Matters [Paperback] [2000] (Author) ph.d., Phillip C. McGraw

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Whether it's a bad relationship, a dead-end career, or a harmful habit, Dr. McGraw's 10 Life Laws will empower you to take responsibility for your own actions and break free from self-destructive patterns. Drawing upon more than fifteen years of experience, Dr. McGraw explores each of the 10 Life Laws necessary to succeed: Life Law #1: You either get it, or you don't. Strategy: Become one of those who gets it. Life Law #2: You create your own experience. Strategy: Acknowledge and accept accountability for your life. Life Law #3: People do what works. Strategy: Identify the payoffs that drive your behavior and that of others. Life Law #4: You cannot change what you do not acknowledge. Strategy: Get real with yourself about your life and everybody in it. Life Law #5: Life rewards action. Strategy: Make careful decisions and then pull the trigger. Life Law #6: There is no reality; only perception. Strategy: Identify the filters through which you view the world. Life Law #7: Life is managed; it is not cured. Strategy: Learn to take charge of your life. Life Law #8: We teach people how to treat us. Strategy: Own, rather than complain about, how people treat you. Life Law #9: There is power in forgiveness. Strategy: Open your eyes to what anger and resentment are doing to you. Life Law #10: You have to name it before you can claim it. Strategy: Get clear about what you want and take your turn. Straight from Oprah Winfrey's "Change Your Life TV" team comes the sage advice of Phillip McGraw, Ph.D. In Life Strategies: Doing What Works, Doing What Matters, Dr. McGraw presents the "Immutable Laws of Life" and uses them to create techniques that will help you get through life's touch spots.

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In this particular era which is the greater individual or who has ability in doing something more are more valuable than other. Do you want to become among it? It is just simple way to have that. What you should do is just spending your time very little but quite enough to have a look at some books. One of several books in the top listing in your reading list is actually Life Strategies: Doing What Works, Doing What Matters [Paperback] [2000] (Author) ph.d., Phillip C. McGraw. This book that is certainly qualified as The Hungry Inclines can get you closer in getting precious person. By looking upward and review this publication you can get many advantages.

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