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Life Strategies: Doing What Works Doing What Matters by Phillip C. McGraw, Ph.D., Hyperion, New York, 1999. This is not a straight forward textbook on living.

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Some people spend their lives reacting to what life hands them, while others craft life to fit their goals. Author Phillip C. McGraw, who is a psychologist but describes himself as a strategist, is determined to make sure that his readers are the creators of their lives, not created by their lives. By accepting that you are personally accountable for every element of your life, McGraw says ...

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Description of the book "Life Strategies: Doing What Works, Doing What Matters": 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.

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In Life Strategies: Doing What Works, Doing What Matters, Dr. Phil describes the 10 Life Laws that every person needs to know. Learn them, use them, and improve virtually every aspect of: your life. Ignore them and you'll continue to pay the price. Hard Back Edition ...

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Life Law #2: You create your own experience. Life Law #3: People do what works. Strategy: Identify the payoffs that drive your behavior and that of others. Even the most destructive behaviors have a payoff. If you did not perceive the behavior in question to generate some value to you, you would not do it.

Dr. Phil's Ten Life Laws | Dr. Phil

These strategies are only useful if applied — meaning that reading the list and doing nothing will result in nothing. Schedule a couple of hours at the end of the week to review at least one of these strategies in detail. Then create a short action plan that you can implement quickly. These are 7 life planning strategies that really work.

7 Life Planning Strategies That Really Work - Jeff Sanders

Learn to take control of your life, right now, using Dr. Phil's Ten Laws of Life in this book. These laws will help you improve virtually every aspect of your life, from work to home to spiritual to physical. Life Strategies shows you how to strategically control your life, rather than continue as a frustrated passenger. Ribbon bookmark. 96 pages.

The Ten Laws from Life Strategies : Doing What Works ...

Life Strategies Howard Bragman is the Vice Chairman of Reputation.com and one of the most recognized public relations professionals. Learn more about his 10 Commandments of Public Relations.

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