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Self Matters: Creating Your Life from the Inside Out

By Phil McGraw



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Self Matters: Creating Your Life from the Inside Out By Phil McGraw

What if there is a *You* that has never seen the light of day, has never got to say, "Hey, what about me?"

What if there is a *You* that you have never even met and certainly never permitted to just be, without fear of judgment or condemnation?

What if you live your life on the sidelines in constant fear of failing to please those who forever seem to stand in judgment of you and your life?

What if you discovered that you had settled for what life has served up instead of what you really wanted and needed?

What if you really think and feel things you have never allowed to come out, and certainly never acted on?

What if your marriage is not at all what you really emotionally want and need, but you silently stay the course anyway, selling out your hope to be happy?

What if you are allowing days to turn into weeks and weeks to turn into months and months to turn into years, all adding up to a lifetime of being what some nameless, faceless world has assigned you to be?

If any of these "*What ifs*" are true in your life, then we need to talk, and through these pages, we will. First, I have some bad news, and I have some good news. The bad news is *you* are making the choices that have put you in this life circumstance; the good news is *you* are making the choices that have put you in this life circumstance. Now is the time to make the biggest choice of your life. Through *Self Matters*, I will help you do just that.

-- Phil McGraw



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Editorial Review

From Publishers Weekly

The well-known "life strategist" and TV personality Dr. Phil begins this upbeat self-help book by recalling one of the most unpleasant phone calls he ever had to make. In 1989, ten years into a flourishing career, McGraw called his father to say that, despite the outward trappings of success, he was miserable. His new plan was to move away and start a new career and a new life. According to McGraw, many people are currently in a similar situation-trapped in unsatisfying lives or jobs that they loathe. Too many people, says McGraw, are "so busy being busy, that they have let the colors fade from their lives." They're worried about superficial matters rather than what's important: "I'll bet 90-plus percent of them spent months, or even years, planning their wedding and almost no time planning their marriage!" To change their lives, McGraw's readers must first complete two questionnaires he designed to assess their "authentic self" and their "congruency" (how someone's current life compares with a vision of an ideal life). With the scores from these tests, readers can then embark upon a specific plan for changing their lives-and for determining which external and internal forces they will, or won't, allow to control their futures. Readers familiar with McGraw's aggressive TV personality may be surprised by this book's thoughtful and serious tone. McGraw's notion of making change is not a simple one-it requires readers to examine every aspect of their daily lives-and it's likely that some readers may not be able to make all the changes he advocates. But his book offers a thorough, realistic resource for those who are committed to turning their lives around to get what they really want and need.

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Review

Sigmund Freud eventually concluded that human life is more to be endured than enjoyed, but that is not the attitude borne on the tide of relentlessly cheerful self-help books. Like others of its ilk, this one urges us to live by design, breaking free of the past events and encounters which shackle us in a perpetual victimhood. 'Dr Phil', who is 'known to millions' thanks to his appearances on the Oprah Winfrey show, counteracts negativity and excuses for failure with folksy anecdotes, stern admonitions and the glowing offer of hope. Habitual consumers of manuals for the reinvention of the self will find nothing original or startling here, though the reader new to the genre may as well commence with this as with anything else, since this volume is entirely typical, though less poetic than some. In the main, the book consists of laborious explanations of the obvious, e.g. someone whose face is burned and scarred 'will tell you that it changes how they feel about their inadequacy. They become far more uncertain about going out into the world. In other words, the same disfigurement they suffer physically has also affected their psyche.' It also includes exercises, usually ones which require the making of lists with such headings as Ten Defining Moments, Seven Critical Choices and Five Pivotal People. The rationale for the specific numbers is not revealed, but it is at these points that the book becomes potentially useful, since reviewing those events, decisions and encounters which have had the most powerful effects upon us is a sensible way of tracing the patterns of our lives. Some readers may question the concept of the 'authentic self' which exists untouched by experience, while others will take it as the definition of the soul. Again, acting on the recognition with inner passion may be viewed as regressive utopian folly, or as an essential stage in continuing self-development, depending on one's perspective. Certainly, according to the book jacket, the techniques he advocates have worked for Dr Phil, who now runs a consultancy specializing in 'high-profile' litigation cases, as well as seminars on life skills. (Kirkus UK) -- Kirkus UK

About the Author

Dr. Phil McGraw is the #1 *New York Times* bestselling author of *The Ultimate Weight Solution*, *Self Matters*, *Life Strategies*, and *Relationship Rescue*. He is the host of the nationally syndicated, daily one-hour series *Dr. Phil*. One of the world's foremost experts in the field of human functioning, Dr. McGraw is the cofounder of Courtroom Sciences, Inc., the world's leading litigation consulting firm. Dr. McGraw currently lives in Los Angeles, California, with his wife and two sons.

Users Review

From reader reviews:

Christine Willis:

Why don't make it to become your habit? Right now, try to ready your time to do the important behave, like looking for your favorite e-book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled *Self Matters: Creating Your Life from the Inside Out*. Try to stumble through book *Self Matters: Creating Your Life from the Inside Out* as your close friend. It means that it can to be your friend when you really feel alone and beside that of course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you considerably more confidence because you can know every thing by the book. So , let me make new experience as well as knowledge with this book.

Eric Chabot:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their particular friends. Usually they accomplishing activity like watching television, about to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? Can be reading a book can be option to fill your free time/ holiday. The first thing that you ask may be what kinds of book that you should read. If you want to test look for book, may be the publication untitled *Self Matters: Creating Your Life from the Inside Out* can be great book to read. May be it is usually best activity to you.

Carlos Quirk:

Self Matters: Creating Your Life from the Inside Out can be one of your nice books that are good idea. We recommend that straight away because this reserve has good vocabulary that will increase your knowledge in language, easy to understand, bit entertaining however delivering the information. The article writer giving his/her effort that will put every word into delight arrangement in writing *Self Matters: Creating Your Life from the Inside Out* nevertheless doesn't forget the main position, giving the reader the hottest along with based confirm resource data that maybe you can be considered one of it. This great information can easily drawn you into brand-new stage of crucial contemplating.

Jenny Perez:

This *Self Matters: Creating Your Life from the Inside Out* is great publication for you because the content which can be full of information for you who else always deal with world and have to make decision every

minute. This particular book reveal it information accurately using great arrange word or we can point out no rambling sentences within it. So if you are read the item hurriedly you can have whole information in it. Doesn't mean it only provides you with straight forward sentences but challenging core information with lovely delivering sentences. Having Self Matters: Creating Your Life from the Inside Out in your hand like keeping the world in your arm, facts in it is not ridiculous one. We can say that no book that offer you world inside ten or fifteen second right but this reserve already do that. So , this can be good reading book. Hey there Mr. and Mrs. busy do you still doubt that will?

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