

Self Matters: Creating Your Life from the Inside Out

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✓ Verified Book of Self Matters: Creating Your Life from the Inside Out

## Summary:

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Your life has a root core that, once understood, unlocks a powerful force to create your life the way it was meant to be, the way you want and need it to be. Key questions and an amazingly clear "map" are now at your fingertips to begin your journey to "Live by Design." These are questions that, with the help of this book, you can answer and bring into action-oriented focus: What are the ten most defining moments of your life? What are the seven most critical choices you have made to put you on your current path? Who are the five most pivotal people in your world and how have they shaped you? Identifying and working with these key elements are at the heart of Dr. Phillip C. McGraw's latest work, *Self Matters*, and soon they will be at the heart of your own new work: you. Through his books, McGraw has changed the lives of millions. In introducing the world to his matter-of-fact, tell-it-like-it-is philosophy of life, Dr. Phil, as he is known to his legions of fans, has put an end to the "everyone's a victim" attitude that had taken hold of our culture. Published in over twenty-five countries, and with millions of books sold, his two number one bestsellers, *Life Strategies* and *Relationship Rescue*, forced readers to take a serious look at the excuses they had so long been clinging to as to why they were not happy, not successful, and not enjoying their one chance at living. Now, Dr. Phil takes those lessons a great leap further and explores one of the most challenging questions facing us all: When you look in the mirror, who is truly hiding beneath that face? Instead of taking a surface look at the way we live our lives, Dr. Phil demystifies how your self-concept came to be and gives a nuts-and-bolts approach to creating a new plan for living and, in

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