



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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