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*[www.drphilstore.com](http://www.drphilstore.com)*

*As a brand-new personal growth student, it told me how to change my life: stop doing what doesn't work and find out how to create*

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*a strategy that does! Discover how to appreciate both the journey and the goal. It said I should urgently learn how to overcome my self sabotage mechanism - the black wolf. It still means the same to me today.*

*What You Resist, Persists! -  
LifeStrategies.net*

*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*

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

*When Life Works List Write a list of activities you love, attributes you value, or characteristics about yourself you are proud of that remind you what life looks like when it's going well. Then schedule those items first on your calendar.*

*Life Strategies: Doing What Works, Doing What Matters ...*

*Instead, Life Strategies is a prescription for action, complete with stories, including about Oprah. Each chapter contains at least one writing assignment, designed to stimulate*

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*honest inquiry and to challenge even your most basic assumptions. These culminate in a meticulously detailed set of instructions for creating your life strategy.*

*Forbes*

*This site is all about improving your life by overcoming your self sabotage. We all have two wolves living inside us, and self sabotage results from following the black wolf. When you discover how to listen to the white wolf instead, it'll change your life! If you've searched on change my life or how to improve then you're very welcome, there's lots to*

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*discover here!*

*Life Strategies Doing What Works*

*Dr. Phil McGraw is the author of five #1 New York Times bestsellers: Life Strategies: Doing What Works, Doing What Matters; Relationship Rescue: A Seven-Step Strategy for Reconnecting with Your Partner; Self Matters: Creating Your Life From the Inside Out; The Ultimate Weight Solution: The Seven Keys to Weight Loss Freedom, and his most recent book, Family First: Your Step-by-Step Plan for Creating a Phenomenal Family.*

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*Life Strategies: Doing What Works, Doing What Matters ...*

*Life Strategies: Doing What Works, Doing What Matters [Phillip C. McGraw] on Amazon.com.*

*\*FREE\* shipping on qualifying offers. Whether its 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*

*Life Strategies: Doing What Works, Doing What*  
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*Matters*

*Learn them, use them, and improve virtually every aspect of your life, from work to home to spiritual to physical. Ignore them and you'll continue to pay the price. With Life Strategies, Dr. McGraw tells you how to strategically control your life, rather than continue as a frustrated passenger.*

*Life Strategies: Doing What Works, Doing What Matters by ...*

*Life Strategies: Doing What Works, Doing What Matters - Phillip C. McGraw - Google Books*  
*Some people spend their lives reacting to*

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*what life hands them, while others craft life to fit their goals.*

*7 Life Planning Strategies That Really Work  
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.*

*Life Strategies: Doing What Works, Doing What Matters ...*

*Life Law #3: People do what works. Strategy: Identify the payoffs that drive your behavior and that of others. Even the most destructive*

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*behaviors have a payoff. If you did not perceive the behavior in question to generate some value to you, you would not do it.*

*Life Strategies: Doing What Works, Doing What Matters ...*

*Learn them, use them, and improve virtually every aspect of your life, from work to home to spiritual to physical. Ignore them and you'll continue to pay the price. With Life Strategies, Dr. McGraw tells you how to strategically control your life, rather than continue as a frustrated passenger.*

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*The Secret of Success - LifeStrategies.net Forbes is a global media company, focusing on business, investing, technology, entrepreneurship, leadership, and lifestyle.*

*Staff | Life Strategies*

*There are many secrets of success shared in these pages, each one will change your context instead of simply what you know. So now you have the Life Strategies secret of success, we don't aim to teach, we educate. Educare is the Latin root of education - to draw forth from within. Each change in your context brings you another aha moment. A ...*

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*Life Strategies: Doing What Works, Doing What Matters by ...*

*Life Strategies: Doing What Works, Doing What Matters. Life Law #1: You either get it, or you don't. 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.*

*Life Strategies: Doing What Works Doing What Matters*

*What You Resist, Persists! Appreciate your*

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*life more, rediscover how to have fun again. Master the five steps to increasing your personal power. Here's how to get the experience you need to implement this natural law in your life. Get this dynamic Special Report - - today. It's available at a very attractive price.*

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*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*

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*take responsibility for your own actions and break free from self-destructive patterns.*

*LifeStrategies.net*

*Kerri White joined Life Strategies in 2006 and has experience with substance abuse, women's issues, depression and anxiety in all age groups. Kerri also works as a mental health therapist in the Fayette county school system. Kerri received her undergraduate degree in Psychology at Georgetown College, Kentucky.*

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