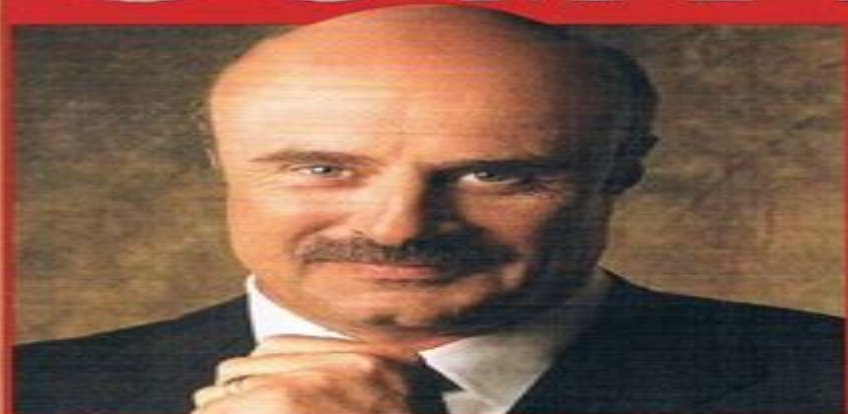


THE  
SELF  
MATTERS  
COMPANION



*HELPING YOU  
CREATE YOUR  
LIFE FROM THE  
INSIDE OUT*

PHILLIP C. MCGRAW, PH.D.

THE #1 NEW YORK TIMES BESTSELLING AUTHOR

# Self Matters Companion Helping To Create Your Life From The Inside Out

**Abby Seixas**



## **Self Matters Companion Helping To Create Your Life From The Inside Out:**

**The Self Matters Companion** Phillip C. McGraw, 2002-09-17 Donated *The Self Matters Companion* Phillip C. McGraw, Phil McGraw, 2003-05-06 Donated **Sham** Steve Salerno, 2006-09-26 Self help To millions of Americans it seems like a godsend To many others it seems like a joke But as investigative reporter Steve Salerno reveals in this groundbreaking book it s neither in fact it s much worse than a joke Going deep inside the Self Help and Actualization Movement fittingly the words form the acronym SHAM Salerno offers the first serious expos of this multibillion dollar industry and the real damage it is doing not just to its paying customers but to all of American society Based on the author s extensive reporting and the inside look at the industry he got while working at a leading lifestyle publisher SHAM shows how thinly credentialed experts now dispense advice on everything from mental health to relationships to diet to personal finance to business strategy Americans spend upward of 8 billion every year on self help programs and products And those staggering financial costs are actually the least of our worries SHAM demonstrates how the self help movement s core philosophies have infected virtually every aspect of American life the home the workplace the schools and more And Salerno exposes the downside of being uplifted showing how the empowering message that dominates self help today proves just as damaging as the blame shifting rhetoric of self help s Recovery movement SHAM also reveals How self help gurus conduct extensive market research to reach the same customers over and over without ever helping them The inside story on the most notorious gurus from Dr Phil to Dr Laura from Tony Robbins to John Gray How your company might be wasting money on motivational speakers executive coaches and other quick fixes that often hurt quality productivity and morale How the Recovery movement has eradicated notions of personal responsibility by labeling just about anything from drug abuse to sex addiction to shoplifting a dysfunction or disease How Americans blindly accept that twelve step programs offer the only hope of treating addiction when in fact these programs can do more harm than good How the self help movement inspired the disastrous emphasis on self esteem in our schools How self help rhetoric has pushed people away from proven medical treatments by persuading them that they can cure themselves through sheer application of will As Salerno shows to describe self help as a waste of time and money vastly understates its collateral damage And with SHAM the self help industry has finally been called to account for the damage it has done Also available as an eBook [The Making of Dr. Phil](#) Sophia Dembling, Lisa Gutierrez, 2004 Award winning authors Gutierrez and Dembling take readers inside the world of Dr Phil McGraw and his media and self help empire Phil s true motivations and inner drives **How Not to Get Rich** Robert Sullivan, 2008-12-05 Some people are just naturally good at not getting rich They didn t buy Microsoft when a friend mentioned that he was helping start up a new software company They sold their apartment in Manhattan for a song in the seventies instinctively believing the real estate market would never ever come back These people have built in wealth prevention systems that steer them safely away from big money even in the most wealth rich intersections of their lives In this book Robert Sullivan an

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determine what they want out of life and get on a path where they will be able to attract the kind of mate they desire **Self Matters** Phil McGraw, 2001-11-14 In **Self Matters** Dr Phillip C McGraw helps you to demystify your self concept and learn how to reclaim your authentic self 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 then it s time to step back and reevaluate your life There s some good news and bad 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** Dr Phil will help you do just that **The British National Bibliography** Arthur James Wells, 2009

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