

Life Strategies: Doing What Works, Doing What Matters

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✓ Verified Book of Life Strategies: Doing What Works, Doing What Matters

Summary:

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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.

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Life Law #10: You have to name it before you can claim it.

Strategy: Get clear about what you want and take your turn.

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