



The Life Strategies Workbook: Exercises and Self-Tests to Help You Change Your Life

Phillip C. McGraw

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Life Strategies, the *New York Times* number one bestseller, is a smash international hit. Oprah's resident expert on human functioning continues to impact millions the world over with his no-nonsense, action-oriented life-changing philosophies. Now, in *The Life Strategies Workbook*, Dr. McGraw provides exercises and questionnaires to help you make major much-needed and long-put-off changes in your life. With a series of easy-to-do self-tests, *The Life Strategies Workbook* will enable you to confront your problems, identify the causes, and start working toward permanent solutions. In addition, the book allows you to adapt Dr. McGraw's strategies to your own personal needs. You'll be able to improve virtually every aspect of your life--at work or at home, in spiritual matters, or in your physical well-being--by using this incredibly helpful workbook.

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