



Dr. Phil Getting Real

Phil McGraw

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Dr. Phil Getting Real Phil McGraw

In his trademark tell-it-like-it-is style, Dr Phil McGraw presents an enlightening and entertaining lecture on how to get real in relationships and in life. He explains how to live by design as opposed to living reactively. He illustrates how easy it is to become lazy in life and just settle for situations that deep-down make you unhappy. He urges you to step out of the comfort zone and to evaluate everything in your life based on whether it's working or not.

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