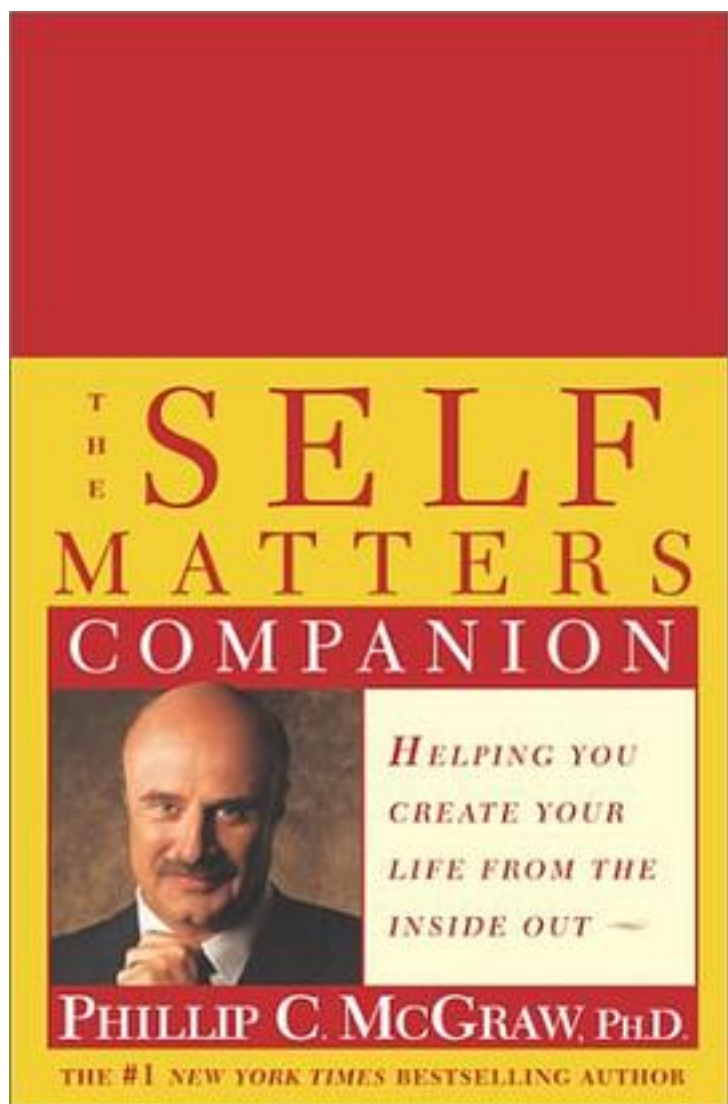


The Self Matters Companion



[The Self Matters Companion_ 下载链接1](#)

著者:Phillip C. McGraw

出版者:Free Press

出版时间:2002-09-17

装帧:Hardcover

isbn:9780743242967

The #1 New York Times bestselling Self Matters laid the groundwork for a new way of thinking and talking about ourselves. Now, with this unique companion readers can continue their journey toward the "authentic self."

Dr. Phil McGraw grabbed the attention of the entire country with his phenomenal #1 bestseller Self Matters. In that groundbreaking work, Phil's no-nonsense style forced us to ask those questions we had avoided for too long: Who are we really? Where do the fears, insecurities, and doubts come from that prevent us from becoming who we want to be? And most important, how do we let go of those burdens to rediscover our "authentic self"? With more than 1.5 million copies sold, Self Matters is one of the most powerful works available directing us to the answers. With The Self Matters Companion, readers will have the chance to dig deeper into the questions, concepts, and exercises that empowered them in Self Matters. Self Matters created a new language and a new way of thinking. Now, The Self Matters Companion takes self-awareness to the next level with a variety of interactive exercises, focusing on such issues as:

- Identifying the content of your Personal Truth
- Reprogramming your life pattern so you can create the future you want
- Identifying key areas of conflict between Fictional vs. Authentic living

Much more than a workbook or journal, this guide is a real companion. It provides the perfect tools, for finding the life you deserve.

作者介绍:

目录:

[The Self Matters Companion_ 下载链接1](#)

标签

励志书

评论

[The Self Matters Companion_ 下载链接1](#)

书评

[The Self Matters Companion_下载链接1](#)