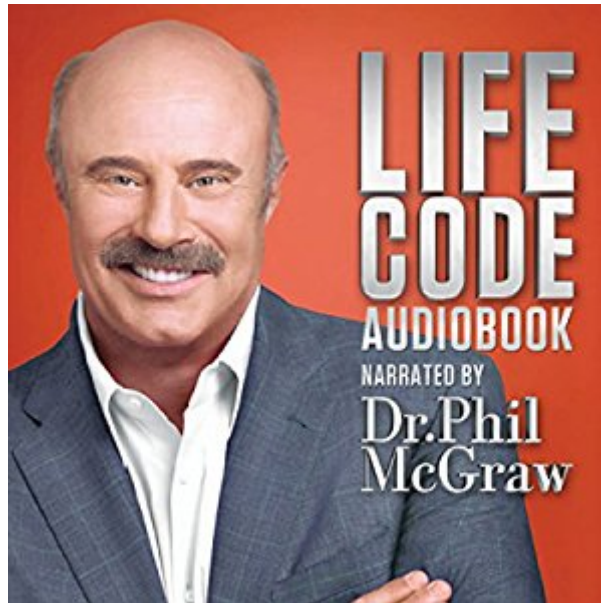


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# Dr. Phil McGraw: Life Code



## Synopsis

The rules for living in the real world have changed, because the world we live in has changed. Much of the conventional wisdom the last generation has passed on just doesn't apply like it once did. If you want to win, and win big, and, more importantly, keep what you work so hard for, you need a crystal-clear view of how the real world works - not how you wish it worked, but how it actually works. In *Life Code: The New Rules for Winning in the Real World*, six-time New York Times number-one best-selling author Dr. Phil McGraw abandons traditional thinking and tells you the ugly truth about the users, abusers, and overall "bad guys" we all have in our lives. He also reveals the secrets of how they think and how they get to and exploit you and those you love. You'll gain incredible insight into these negative people, which he refers to as BAITERs (Backstabbers, Abusers, Imposters, Takers, Exploiters, Reckless), and you'll gain the tools to protect yourself from their assaults. Dr. Phil gives you the "Evil Eight" identifiers so you can see them coming from a mile away, as well as their "Secret Playbook", which contains the "Nefarious 15" tactics they use to exploit you and take what is yours mentally, physically, socially, and professionally. Life Code then focuses on you and your playbook, which contains the "Sweet 16" tactics for winning in the real world. Edgy, controversial and sometimes irreverent, Dr. Phil again abandons convention to prepare you to claim what you deserve and claim it now. You take flying lessons to learn to fly, swimming lessons to learn to swim, and singing lessons to learn to sing. So, why not take winning lessons to learn to win?

## Book Information

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## Customer Reviews

I have always been a fan of Dr Phil's. When I heard him discussing this book I had to have it. When I began to read it I could not put it down, it is full of wisdom and toughen up tips. I have always been a softer sided personality but recently began to realize that in the world we live in today you have to become tougher in order to succeed. Dr Phil has put a wealth of knowledge into this book and I highly recommend it to everyone who is trying to understand the changes that have taken place in our world over the past few decades. People are not the same, they have become aggressive, self-seeking, self-absorbed and at times rude, crude and malicious. Back in the old days people were softer, more christian-like, caring, compassionate, giving and self-sacrificing. The world is totally different now and I agree with much of what Dr Phil says however I refuse to become like those who are tough and selfish in their ways. I do have a better understanding of how they operate and why they do what they do I am on to their game plans now because of Dr Phil's wisdom and I realize he is a tough Virgo who is set in Virgoan ways and not as soft as other signs of the zodiac so I take his advice and apply it to myself gleaming the nuggets of wisdom within and absorbing them. I do not live a clone of Dr Phil, I do utilize his wisdom though. As most of you know, I write my reviews based on the actual book and its content, I share the words written within so you can have a greater view of what is not shared on the previews. The following information is directly from the book, enjoy! He says Success is created and I believe it is .

I thought this book had some interesting lessons. I can be too trusting at times. I have been screwed over and naive at times. But I have learned and grown and become stronger from these lessons. I have become more confident after these experiences and then chose better people in my life the next time. I'm not sure that adopting this attitude will bring me happiness and peace - my ultimate goal. I think the best way to prevent getting taken is to value yourself more and become more confident. Having a pessimistic attitude like this doesn't contribute to a good character. And it IS good character that protects and elevates you in the long run. I don't like the idea of expecting the worst of everyone and being paranoid. I don't think it is the answer. Also, it seems like a lot of unrelated things were thrown into this book. It was all over the place. I don't want to live in fear. I want to attract people to me with good character. If I go around being negative and looking for the worst in everyone, that is what I will attract. I don't know if the cynicism is necessary. So what I take away is that the world is corrupt now so you have to be a little corrupt too in order to "win". Some of the things said in this book just rubbed me the wrong way. For example: You should mention to a lady that is possibly trying to steal your husband that he doesn't like large thighs in order to shake her confidence. That way she will back off and think twice about stealing your husband? Really? So

much in this book just doesn't feel right to me. There are some truths, but overall, I don't like it. I actually wish I had not read it. I just read this quote and think this sums up why I do not like the book: "We have learned that the key to happiness is inner peace.

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