



# Self Matters: Creating Your Life from the Inside Out

*Phil McGraw*

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## **Self Matters: Creating Your Life from the Inside Out** Phil McGraw

*What if* there is a *You* that has never seen the light of day, has never got to say, “Hey, what about me?”

*What if* there is a *You* that you have never even met and certainly never permitted to just be, without fear of judgment or condemnation?

*What if* you live your life on the sidelines in constant fear of failing to please those who forever seem to stand in judgment of you and your life?

*What if* you discovered that you had settled for what life has served up instead of what you really wanted and needed?

*What if* you really think and feel things you have never allowed to come out, and certainly never acted on?

*What if* your marriage is not at all what you really emotionally want and need, but you silently stay the course anyway, selling out your hope to be happy?

*What if* you are allowing days to turn into weeks and weeks to turn into months and months to turn into years, all adding up to a lifetime of being what some nameless, faceless world has assigned you to be?

If any of these “*What ifs*” are true in your life, then we need to talk, and through these pages, we will. First, I have some bad news, and I have some good news. The bad news is *you* are making the choices that have put you in this life circumstance; the good news is *you* are making the choices that have put you in this life circumstance. Now is the time to make the biggest choice of your life. Through *Self Matters*, I will help you do just that.

—Dr. Phil McGraw

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