



The Self Matters Companion: Helping You Create Your Life from the Inside Out

By Dr. Phil McGraw

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Since the publication of *Self Matters*, I have talked to many of you about the journey to uncovering your Authentic Self. I have heard about the challenges that journey has presented, but also about the joy regained from stripping away the years of fear, failing, and judgment. You cannot effectively communicate what you need if you do not know what those needs are, so find out Right Now. *The Self Matters Companion* was created to bring you further along in that process and is a book that I hope will challenge you to stop living the life that the world had assigned you and to start living by design. Enjoy the journey!

-- Dr. Phillip C. McGraw

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Editorial Review

About the Author

"Dr. Phil" (Phillip C. McGraw, Ph.D.) is the host of America's number-one daytime talk show and is perhaps the most well-known expert in the field of psychology and human functioning in the world today. In his 16th year on television and his 11th year of the *Dr. Phil* show, he has devoted his international platform to delivering common sense information to individuals and families seeking to improve their lives. Passionately pursuing such topics as family functioning, domestic violence, anti-bullying, addiction and the myths of mental illness, he works tirelessly both on and off the air. Dr. Phil has carried his message from the senate chambers of Washington, D.C. to the suburbs and inner cities across America. He and Robin, his wife of 38 years and counting, along with their "wonder dog," Maggie, reside in Southern California, as do his two sons, Jordan and Jay, along with daughter-in-law, Erica, and two grandchildren, Avery Elizabeth and London Phillip.

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