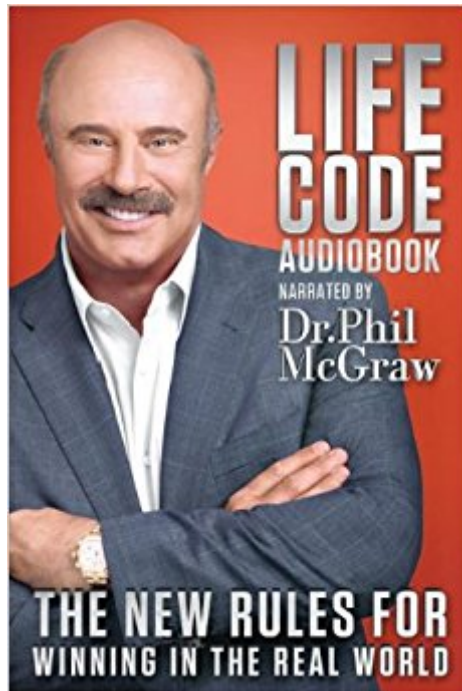




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# Life Code: The New Rules For Winning In The Real World



## Synopsis

In Life Code: The New Rules for Winning in the Real World, six-time New York Times #1 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’s new book 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

“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 11-year-old "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.

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 .Page XVIII

Cheaters do sometimes win, the early bird doesn't always get the worm, and doing unto others as you wish they would do unto you doesn't always get you what you want, need or deserve. I'm telling you it's not the world I live in and I'm telling you it's not the world you live in. They play to win. This statement woke me up he is so right on, I have always been taught this valuable lessons from the christian point of view...Page 6

First, I want to show you how you can protect yourself from getting hurt by the damaged and dangerous people lurking around the corner. Hurt by people who live on the dark side, dispense pain as a matter of course, and never shed a tear or give a second thought to how they victimized

you- and may even brag about it. Page 17 BAITERS are B Backstabbers A Abusers I Imposters T Takers E Exploiters R reckless Page 18 and 19 are excellent and I cannot share it all, but he tells about how The baiters believe the "means are justified by the end." "They are totally self-focused and results oriented, and they are willing to do anything , absolutely anything , to achieve their goal, they lack empathy, conscience, and use dirty tricks to achieve their goals. they exploit abuse, lie, cheat, and manipulate." He talks quite a bit about Baiters and how they often do get caught, he shares how to recognize them and deal with them. Page 52 and 53 They thrive on drama and crisis. They are often very angry and arrogant, which shows just below the surface. BAITERS are braggarts, and if you pay attention, they will show you who they are. Page 68 To predict their behavior, you have to see the world through their eyes and let your mind take a walk on the dark side. This reminds me of a song and is a thought I will often refer back to. Page 81, 82 and 83 They are never wrong, never responsible, never accountable, and never willing to step up and own their part in a negative situation. Someone must be to blame, and since it is never them, that leaves you. They lie , either by misstatement or by omission. When a BAITER lies, however, it is all too often for a very nefarious purpose and designed to mislead someone who , if they knew the truth, would likely behave differently. BAITERS hide everything with a menagerie of lies that would boggle the rational mind. They live their lives as a masquerade! Page 91 A lie unchallenged becomes the truth in time. Page 140 Never, ever put sensitive content, content that can be taken out of context, in writing, especially in an email. Instead, pick up the phone or go in person and have a real conversation. Wow, this was a real eye opener for me! I have often thought when you write something down it can not be misconstrued because it is a clearly written sequence of thoughts, feelings and ideas. However, upon reflection of his thought here, I know he is correct for I have seen this happen personally. People do not always interpret things as you intend them to, miscommunication, misinformation. Page 154 Define what you really want, and do not invest in people or situations that couldn't give it to you even if they wanted to. Page 159 You never want to be predictable. And to be interesting, you have to maintain a certain degree of mystery, because it gives you a degree of mastery. Be discreet. Page 163 Be in PI mode always. Page 169 You should strive to surround yourself with a nucleus of people who share your passion, share your vision, and support your pursuit of your goals. It is important to understand that people do NOT bond head to head; they bond heart to heart. I will leave you with that valuable thought! People who bond with you heart to heart not head to head are those who you want to involve yourself in and be around. They are the ones who want your best, who promote you and desire to see you succeed. They are the ones worthy of investing yourself in and becoming a strong invincible team. I have been challenged,

changed and encouraged by the wisdom written in Life Code and will definitely be incorporating much of what I have learned into my everyday actions and interactions with others. Thank you Dr Phil for seeing the need for this information to get out and reach into our hearts and homes to make us better equipped for life as we know it today! Life Code is a valuable tool and instrument for daily success.

I have a lot of respect for Dr Phil. He is a very intelligent and insightful psychologist and his tv shows are compelling viewing. He has much to teach us about living successful, fulfilled lives in today's world. There are some game-changing pieces of advice in this book. Dr Phil is right - the rules have changed since my parents taught my generation how to interact with others (eg. 'Giving people the benefit of the doubt', is no longer sage advice). The world has changed and there's no point bemoaning that. We all have to learn some new navigation skills. As I read this book I reflected on a lifetime of interactions and relationships and was able to recognise many of the scenarios and traits Dr Phil discusses. I found myself thinking "If only I'd known then what I know now..." The reason I am not giving this book a higher star rating is the writing style. The messages are sound, but the tone is little repetitive and simplistic. Perhaps that will suit the vast majority - the common denominator - of readership. Personally, I would have liked more examples, more specifics to the advice, perhaps more depth and detail around each point. The current content could probably be encapsulated in several bullet points on a Powerpoint slide (which Dr Phil actually does in some of his episodes). As it stands, the content probably doesn't warrant an entire book.

He's Dr. Phil. What can I say? I didn't learn anything new, personally, but then I'm older than he is. He and I grew up in a kinder, gentler time when our parents taught us to start out giving people a break and trusting them. Today, we can be nice and polite, but we have to observe first before trusting anyone. Blind trust won't work these days. It's sad that life has changed in more recent years, but that's how it is, so we need to be on guard when meeting new people. I'd recommend his books for younger people who don't have the wisdom I have today. Dr. Phil has a doctorate (and beyond) in psychology. He has worked in the court system, and I'd say it would be hard to fool this guy. He's also a good old boy from Texas with a truckload of common sense. I agree with him on most things and I often say what he does, before he does, when I'm watching him on TV.

Wow. Terrific book. Great summaries about the "problem" people you are likely to encounter - how to spot them, how to not become fodder for this mill. I was putting so much highlighting at the "Ah Ha!"

moments that the whole section was becoming highlighted. That's how good it is. And totally TOTALLY on target about what it takes to succeed - or at least not get totally stampeded - in the workplace. For years I couldn't figure out why I ended up being the one at work who "did all of work but got none of the credit" - read tons of books and tried everything. Now, thanks to Phil McGraw, I see exactly what I have been doing completely wrong, and I am determined to fix it. Not a parent so I admit to kind of glossing over that section but what I read seemed spot on too. If you want to hear about how everything in your life is someone else's fault and have someone to feel bad for you while you explain why things can't change, then you won't enjoy this book. But if you want the Real Skinny from someone who knows how to get to the point, and you want to make meaningful changes to your life, then YES, get this book, read it thoroughly, DO the checklists and get cracking.

The only reason for giving this book a 4 star rating instead of a 5 is because I found it redundant in several areas. Don't bother reading the "Prologue", because if you do you'll be reading almost the ENTIRE first chapter. Other than areas like that it's wonderful, and at 58 years old, I wish I had something like this to read YEARS AGO. I highly recommend, just keep what I said about the "Prologue" in mind.

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