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Dr. Phil

Dr. Phil provides the most comprehensive forum on mental health issues in the history of television. Learn more about him and the Dr. Phil show.

[The 20/20 Diet by Dr. Phil McGraw \(2015\): Food list, to ...](#)

The version you can get on your phone is The 2020 Diet by Bird St. Books it's a free app by the publisher of Dr. Phil's book. The version on the iPad 20:20 Diet for Your Life by Thang Nguyen doesn't look like it's associated with Dr. Phil.

[Recipes For Dr. Phil's 20/20 Diet | Allrecipes](#)

The doc's latest prescription for America is the 20 "key foods" named in his best-selling book The 20:20 Diet. Amazingly, every single food is something a home cook thought to make before Dr. Phil suggested it.

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Dr. Phil McGraw eBooks Dr. Phil McGraw, perhaps the most well-known mental health professional in the world, is the host of the new leader in daytime talk, Dr. Phil. Launched in 2002, Dr. Phil provides the most comprehensive forum on mental health issues in the history of television.

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In The 20:20 Diet, Dr. Phil McGraw identifies seven reasons other diets fail people over and over again: hunger, cravings, feeling of restriction, impracticality and expense, boredom, temptations, and disappointing results or plateaus.

[Dr. Phil - YouTube](#)

The Dr. Phil show provides the most comprehensive forum on mental health issues in the history of television. For over a decade, Dr. McGraw has used the show's platform to make psychology accessible and understandable to the general public by addressing important personal and social issues. Using his top-rated show as a teaching tool, he takes aim at the critical issues of our time, including

[Dr. Phil - CTV](#)

Dr. Phil uses his get real approach to help guests solve their problems by stripping away their emotional clutter, and providing them with the tools they need to move confidently ahead in their lives. Dr. Phil also champions those who suffer from such silent epidemics as domestic violence.

[Dr. Phil McGraw - Talk Show Host - Biography](#)

Along with conducting motivational seminars across the country, Dr. Phil is the author of several New York Times best-sellers. His most recent book, *The 20/20 Diet: Turn Your Weight Loss Vision*

[www.drphilstore.com](http://www.drphilstore.com)

To purchase one of Dr. Phil's, Robin's, or Jay McGraw's books, please click on the link (in blue) of the product you would like to purchase. Once on the product page, click the Order button. This product is now added to your shopping cart! To continue shopping, click Keep Shopping, otherwise follow the checkout instructions.

**Family First: Your Step-by-Step Plan for Creating a ...**  
Most importantly, Dr. Phil's new book offers you and your family hope for a phenomenal home life now, and a productive, fulfilling future for your children. As Dr. Phil says, you are not just raising children, you are also raising adults, and everything you do today impacts what kind of adult your child will become. You are building the future.

#### **Phil McGraw - Wikipedia**

Phillip Calvin McGraw (born September 1, 1950), known as Dr. Phil, is an American television personality, author and psychologist who is the host of the television show *Dr. Phil*. McGraw first gained celebrity status with appearances on *The Oprah Winfrey Show* in the late 1990s.

#### **Dr. Phil and Psychology Today as self-help treatments of ...**

While Dr. Phil, the person, uses television, books, and other media to address relationships and better living, Dr. Phil the show is marketed as providing the most comprehensive forum on mental health issues in the history of television and a platform to make psychology accessible and understandable to the general public (Dr. Phil, 2011). *Psychology Today*, formerly published by

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Dr. Phil. 4.6M likes. Dr. Phil uses the power of television to tell compelling stories about real people.