



# Talking Back to Dr. Phil: Alternatives to Mainstream Psychology

*David Bedrick JD Dipl. PW*

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Utilizing in-depth research and analysis, this volume debunks the quick fixes and simplistic explanations of Dr. Phil McGraw. While he's watched and revered by millions, no critique exists for his daytime advice—and like much of “pop psychology,” his counsel is often ineffective, leaving people feeling like failures and that something is wrong with them. Readers will easily identify with the guests and stories from actual Dr. Phil episodes, on topics ranging from anger, sex, addictions, and dieting to domestic violence, race, and gender. A powerful, love-based alternative psychology is then offered, basing itself on the belief that there is profound meaning in people's struggles. Story after story shows how people's difficulties are seeds of their unique beauty, power, and intelligence, elevating rather than diminishing their esteem. The insight and compassion for people's humanity provided here cuts through the easy soundbites and will leave people feeling a genuine love for who they really are.

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