

phil heath training plan

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Official Website | Dr. Phil Primetime

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

About Dr.Phil | Official Website | Dr. Phil

Dr. McGraw was a licensed psychologist in the state of Texas where he practiced clinical psychology until moving to California to launch Dr. Phil. An avid tennis player, golfer and scuba diver, Dr. McGraw lives in Dallas, Texas with his wife, Robin.

Latest Appearances - Dr. Phil

Dr. Phil's Appearance on 'The View': A Reflection and a Warning for Parents During a memorable visit to "The View" on February 26, 2024, Dr. Phil McGraw took a moment to reflect on the remarkable 21-season journey of his...

Advice | Dr. Phil

"Most women labor under an unbelievable number of delusions as to why guys do what they do," Dr. Phil says. To get anywhere with a man, you need to be able to separate fact from fiction.

Be in the Audience | Official Website | Dr. Phil

Want to be in the audience in Dr. Phil's show? Fill out this form completely, then click Submit to submit your request to be in the audience.

Local Listings | Official Website | Dr. Phil

Find local listings for Dr. Phil on our official website. Select your location to discover the airing time and channel for the show in your area.

Robin's World | Official Website | Dr. Phil

Explore Robin's World on Dr. Phil's official website. Discover insights, stories, and perspectives from Robin McGraw, an advocate for women's empowerment and well-being

Obsessive Love - Dr. Phil

In this intense episode of Dr. Phil, the focus is on the dangerous and destructive power of obsessive love. Dr. Phil sits down with guests whose relationships have spiraled out of control due to unhealthy attachments, jealousy, and possessiveness.

Is Maria Real? - Dr. Phil

Dr. Phil helps a family uncover the truth about 'Maria,' a woman their loved one insists is real, despite evidence pointing to an online scam.

My Dad Believes He's Married to a Woman Named 'Maria ... - Dr. Phil

In this compelling episode of Dr. Phil, a family seeks help for their father, who is convinced he's married to a woman named "Maria" despite never meeting her in person.