

TABLE OF CONTENTS

Acknowledgments	<i>ix</i>
Introduction	1
CHAPTER 1	
The Chapter That Can't Be Skipped	7
CHAPTER 2	
Say Your Piece and Find Peace	15
CHAPTER 3	
Same Sky, Different Vista	25
CHAPTER 4	
Release Your Secret Sauce	39
CHAPTER 5	
Spirit, with or without God on Your Team	45
CHAPTER 6	
No Better Kickstart Than Being Petrified	53
CHAPTER 7	
The Surprising Truth about Negative Chatter	59
CHAPTER 8	
Guess What Else Is Running the Show?	69
CHAPTER 9	
Change Your Body Language, Change Your Life	77

CHAPTER 10	
Wired or Tired: Great Times to Act	83
CHAPTER 11	
Ditch Willpower for the Power of Pretend	93
CHAPTER 12	
Love Aside: “New Relationship” Facts and Figures	110
CHAPTER 13	
Four Magic Questions You’ll Thank Me for Asking	133
CHAPTER 14	
On Track for a Life of Your Own	141
About the Author	149
Bibliography	151