

## Contents

1. If You Don't Know Where You're Going, You're Probably Going to End up Somewhere You Don't Want to Be
2. The Importance of Reading
3. Make Sure You Understand What's Going On
4. For Most, Life Is Really Good
5. Giving out Unnecessary Information
6. What Is Your Super Power?
7. What Phase Are You In?
8. When Was the Last Time You Went a Week without Buying Something Unnecessary?
9. What Moves You?
10. A Right View of Tolerance
11. Accept What Is
12. Do You Really Have a Problem?
13. Prioritizing Your Conflicts
14. Are You Addicted?
15. Why Are You Really Working So Hard?
16. Ever Wanted Something for Someone More Than They Wanted It for Themselves?
17. What Makes You Run Away?
18. What Kind of Funeral Do You Want to Have?
19. Find a Way to Make It Work
20. Are You Really Helping People?
21. What Is the Point of Education?
22. What You Should Do with Regrets
23. Things People Will Never Forget
24. Do You Use One Thing to Cover Another?
25. Why Are You Miserable?
26. "I Don't Want to Do That"
27. What Do You Keep Track Of?
28. If You Could Do Whatever You Wanted, What Would You Do?
29. Your Bank Account Tells Me What's Important
30. Don't Solve Long-Term Problems with Short-Term Solutions
31. As a General Rule, It Makes Sense
32. What Surfing Teaches Us
33. Don't Let Circumstances Define You
34. You Can't Hide What You Love
35. Advice to a Concerned Father
36. Someone Understands Human Nature
37. As a General Rule, It's Both/And, not Either/Or
38. Some People Don't Need Any More Counseling
39. Everyone Likes to Ride the Horse that Runs Fastest
40. Problems Are Part of this World
41. Your Priorities Determine Your Focus

42. Your Worst Days Have a Purpose
43. Expectations Play a Major Role in Your Happiness
44. Rogue Waves
45. Risk Versus Reward
46. Are You an Arsonist?
47. How Is Your Value Determined?
48. Irresponsibility Today Often Leads to the Loss of Privileges Tomorrow
49. It is Immoral to Erase Hatred from Your Emotional Life
50. They Need It Still After the Fact
51. Stress Is the Response to Feeling that Things Are Out of Control
52. If You Can't Hold People Accountable for It, It's Not Specific Enough
53. Moving Might Not Solve It
54. The Rat Race
55. Sometimes Promises Hurt
56. Have You Grown in the Last Year?
57. Saving Money and Spending Health
58. It's True: Successful People Never Give Up
59. Can You Articulate What You Like?
60. You Don't Increase Your Chances by Playing
61. Don't Be a Leech
62. Labels
63. Just Because You Can, Doesn't Mean You Should
64. People Do Whatever They Are Allowed To
65. You Make Your Own Luck
66. *Gott Segnen Diese Mahlzeit*: Establish Some Good Traditions
67. Pain and Change
68. TIB: Taking It Back
69. The Diet Deception
70. Seven Reasons You Ought to Stop Complaining
71. Don't Get Caught Up in Feminine Peer Pressure
72. Your Mood Sets the Mood of the Home
73. If You're Going to Leave, Leave for Good Reasons
74. Sometimes People Need Incentives
75. Don't Blame Children for Expressing Their Independence
76. You Only Get One Chance to Give Yourself Away Sexually
77. Men Need Acceptance, but Sex Will Do
78. They Don't Love You if They Are Married
79. Who Keeps You from What, and Why?
80. Stop and Enjoy It
81. Know Your Spouse's Wishes
82. Let Kids Do It Themselves
83. Before You Ask More of Your Children, Ask More of Yourself
84. The Wedding Is Tomorrow, But It's Not Too Late to Call It Off
85. When Was the Last Time You Played with Your Kids?
86. Preferences Don't Equal Morality
87. Prepare Your Children for a World That Will Be Hard on Them

88. Do It Right, or Don't Do It at All
89. When's the Last Time You Told Someone How Special They Are?
90. Teach Your Children to Love and Honor Their Parents
91. Learning How to Lift Life
92. When Was the Last Time Someone Gave You Advice?
93. Punishing Your Children *Should* Hurt You More Than It Hurts Them
94. What to Do with those Skeletons in the Closet
95. People See Only What Is in Front of Them
96. Sleep Debt
97. A Recipe for Success
98. If I Only Had Another Chance
99. So, When Are You Going to Change?
100. The Freedom to Choose: a Tribute to Tom Urbanski

#### Appendix

101. Falling
102. Fixer Upper
103. The Ear
104. Thanksgiving
105. Who Made You to Differ
106. The Script Is Flipped
107. Room 17-102 at the MGM