## Table of Contents

Motivation Is Not Enough:

Taking Simple Steps to Encourage Inner Freedom ..... 11

## Ι

Quietly Planting Seeds of Inner Freedom, Growth, and Change

1. Making Space Within ..... 21

2. Sweet Disgust ..... 27

- 3. Wonderful Negative Experiences and Worries ..... 33
- 4. Personal Intrigue! ..... 37
- 5. Bring the Responsibilities Home ..... 41
- 6. Change Begins in Front of You ..... 47
- 7. Making Time to Change ..... 51
- 8. Your Private Place ..... 55
- 9. Real Preparation for Change ..... 61
- 10. What Have We Got? ..... 65
- 11. Pacing ..... 71

12. Letting Go ..... 75

13. Bringing Role Models Closer ..... 81

- 14. More Helpful Voices ..... 87
- 15. Real Generosity ..... 91
- 16. A Little Effort ..... 95

## Π

So What Else Would You Like to Know about Resolving Psychological Resistance to Growth and Change?.....101

How to Defeat Yourself Effectively and Make Yourself Miserable No Matter How Good Your Life Is ..... 109

## III

Dialogue with the Sages: Spiritual Approaches to "Softening the Soul" ..... 117 A Question of Inner Freedom: An Epilogue ..... 133

Appendix I—A Month of Change:<br/>An At-Home 30-Day Retreat ..... 139Appendix II—Some Helpful Books ..... 151