

Contents

Preface to the Tenth Anniversary Edition **ix**

Acknowledgments **xii**

Introduction **1**

Enhancing Your Use of the Lessons **17**

Lesson 1: Prune Carefully . . . and Often! **22**

Lesson 2: Recognize Your Renewal Zones **29**

Lesson 3: Catch the Slide **42**

Lesson 4: Seek Hidden Possibilities **50**

Lesson 5: Engage the Spiritual Darkness **62**

Lesson 6: Pair Clarity and Kindness **73**

Lesson 7: Find Love in Small Deeds **84**

Lesson 8: Seek Perspective Daily **94**

Lesson 9: Build a Barrier of Simplicity **102**

Lesson 10: Come Home Often **112**

Epilogue: Be a Dangerous Listener **130**

Some Readings I Have Found Helpful **137**

Notes **143**