

CONTENTS

<i>Acknowledgments</i>	11
<i>Welcome</i>	13
<i>Chapter 1 – Check Your Passion</i>	
<i>Don't Fear What You Want the Most</i>	17
<i>Chapter 2 – Cure Your Destination Disease</i>	
<i>Make “Now” the Most Interesting Time of All</i>	29
<i>Chapter 3 – Follow the Directions</i>	
<i>At the Fork in the Road, Turn Right</i>	41
<i>Chapter 4 – Remember the Rainbow</i>	
<i>No One Can Ruin Your Day Without Your Permission</i>	57
<i>Chapter 5 – Dare to be Different</i>	
<i>Comparison Prohibits You From Seeing Your Uniqueness</i>	69
<i>Chapter 6 – Refocus Your Attention</i>	
<i>Decide What's Important and Never Take It For Granted</i>	83
<i>The ABC's For Your Trip</i>	97