



CONTENTS

Dedication.....	5
Acknowledgments.....	7
Introduction.....	13
ONE: Discover Your Goat	17
The Courage to Recognize Who You Are	
TWO: Herd Your Goat	41
The Strength to Accept Where You Have Been	
THREE: Teach Your Goat	59
The Wisdom to Discern Where You Are Heading	
FOUR: Feed Your Goat	77
The Knowledge to Acquire What It Takes to Get There	
FIVE: Gate Your Goat	97
The Awareness to Exclude Who Is Stopping You	
SIX: Exercise Your Goat	115
The Power to Change What Holds You Back	
Quick Reference Guide.....	133
To Hide Your Goat...	
A Final Thought.....	143