



Contents

Introduction	vii
Chapter 1: <i>End the Legacy of Deprivation</i>	1
Chapter 2: <i>Mirror, Mirror on the Wall</i>	15
Chapter 3: <i>Let Me Disappoint You</i>	25
Chapter 4: <i>The Power of Rhythm and Routine</i>	41
Chapter 5: <i>Take Your Hands off the Wheel</i>	53
Chapter 6: <i>The Absolute No List</i>	71
Chapter 7: <i>Soul-Loving Space</i>	85
Chapter 8: <i>You're So Sensitive</i>	105

Contents

Chapter 9:	<i>Tune-up Time</i>	123
Chapter 10:	<i>Does That Anger Taste Good?</i>	145
Chapter 11:	<i>Wake Up!</i>	159
Chapter 12:	<i>Your Extreme Self-Care First-Aid Kit</i>	171
Acknowledgments		185
About the Author		191