

Foreword by Norman Doidge vii

Overture xxv

**RULE 1** / Stand up straight with your shoulders back 1

**RULE 2** / Treat yourself like someone you are responsible for helping 31

**RULE 3** / Make friends with people who want the best for you 67

**RULE 4** / Compare yourself to who you were yesterday,  
not to who someone else is today 85

**RULE 5** / Do not let your children do anything that  
makes you dislike them 113

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before you criticize the world 147

**RULE 7** / Pursue what is meaningful (not what is expedient) 161

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