## CONTENTS

## Acknowledgments vii Preface ix

Chapter 1	The Mystery of Change 1
Chapter 2	Obstacles and Challenges That Compromise Efforts to
	Change 17
Chapter 3	When Lives Are Transformed 43
Chapter 4	Life-Changing Stories 65
Chapter 5	The Benefits of Hitting Bottom 83
Chapter 6	Growth Through Trauma 103
Chapter 7	Changing in Psychotherapy 133
Chapter 8	Transformative Travel and Spiritual Journeys 163
Chapter 9	Moments of Clarity That Change Everything 189
Chapter 10	Reducing Stress and Facing Fears 209
Chapter 11	Creating Meaning and Happiness 235
Chapter 12	Changing People's Lives While Transforming Your Own 253
Chapter 13	Soliciting Support and Resolving Conflicts in
	Relationships 275
Chapter 14	Why Changes Don't Often Last 297

Notes 319 Index 347