

Contents

Introduction.....	7
1. The Connections Between Us... we want to be “at one”	14
2. Coincidences Don’t Happen By Chance	21
3. DISEASE = DIS EASE, ill at ease because you don’t have power over your life	27
4. The Body as Symbol	39
5. The Animals in Our Lives.....	51
6. Do it!	59
7. It’s Never Too Late.....	62
8. I Feel Rejected So Often.....	68
9. Our Boundaries.....	73
10. You Have Your Goal.....	87
11. Our Parents	94
12. Look at How Your Teachers are Living	102
13. I Can’t Assert Myself... ..	106
14. Fear of Success	111
15. Poverty Isn’t a Virtue, It’s a Sickness.....	116
16. Ask and You Will Receive.....	124
17. Our Children.....	133
18. Sex is an Expression of Your Self-Love.....	142
19. My Story	149
20. Our Relationships	160
21. How to Get an Answer	171
22. What works for me?	182
About the Author	190