

Contents



<i>Acknowledgements</i>	5
<i>A Message from Linda</i>	6
Your First Thought	9
Make Everything New	11
Healing Regret	15
The Power of Pause	19
The Tyranny of Trying	23
Are You Giving Out More than You're Taking In		27
What Really Matters	31
Recover Your Joy	37

Additional Writings

Recover Your Life	45
Being With – Without Trying	49
Bringing Spirit into Business	53
Travels in India	57
Create Financial Freedom	65
<i>References</i>	69
<i>Notes</i>	71
<i>About the Author</i>	73