Contents

1	Chapter 1 The Courage to Win
2	Are you winning?
3	Why winning matters
7	Chapter 2 Why People Fail
7	The discovery of learned helplessness
12	Chapter 3 How We Deepen Learned Helplessness
12	The four avoidance responses
19	Chapter 4 The Formula Revealed
24	Chapter 5 The Practice of Self-Acceptance: What you resist, persists
27	What is self-acceptance?
27	The lure of suppression
31	Chapter 6 The Practice of Self-Acceptance: The Path to Clarity Case Studies
31	"I'm depressed."
32	"I procrastinate."
33	"I'm in despair about my weight."
35	"The passion is gone from my marriage."
37	"I'm not making enough money."
38	"My self-esteem is low."
39	"I feel unlovable."
43	Chapter 7 Cultivating the Practice of Self-Acceptance: Action Steps
44	Emotional visualization
45	Opening the chakras
53	Chapter 8 The Practice of Commitment: Honour your desires
54	What is commitment?
55	The temptation to disown desires

58	Chapter 9 The Practice of Commitment: The Path to Action Case Studies
58	"The men I like are commitment-shy, but I don't like the men who want me."
61	The pursuit dynamic
62	"My staff resists tasks."
63	How to uncover task resistance
64	"I want to be wealthy, not just comfortable."
66	"I lack discipline."
69	Chapter 10 Cultivating the Practice of Commitment: Action Steps
69	Develop self-assertiveness
70	What is your desired outcome?
75	Invoke discipline
79	Chapter 11 The Practice of Competence: The future belongs to the competent
80	What is competence?
84	The cornerstones of competence: humility and accountability
87	Chapter 12 The Practice of Competence: The Path to Effectiveness Case Studies
87	"The men I like are commitment-shy, but I don't like the men who want me."
88	The pursuit dynamic
92	"My staff resists tasks."
92	How to uncover task resistance
94	"I want to be wealthy, not just comfortable."
96	Choosing investment vehicles that fit your temperament
91	"I'm afraid of choking under pressure."
98	"My boss won't listen."
99	The 10% harmony strategy
101	Chapter 13 Cultivating the Practice of Competence: Action Steps
101	Determining "what you don't know you don't know"
103	Find help in mentorship, coaching, and education
105	Success tools from The Courage to Win TM team