



Chapter 1 Exercise Excerpts

Philosophical Contenders

Book Excerpt:

Any other contenders for what your relationships and your awareness of experiences are made of? And do they hold up under logical scrutiny?

Why don't you write them out here and think it through for yourself:

Now run these possible exceptions through the same filters that I've presented to you here:

- Can you, or anyone you know, think of a counterexample? If not, google it. How logical is the reasoning on either side of the debate?
- What fears might be revealed if your objection is considered a statement of necessity for happiness, or a statement requiring the absence of something in order to have happiness?
- Think of the converse of your possible objection and see where the logic takes you with that.



EXERCISES for Chapter 1: Getting clear, getting committed

- 1) Describe two reasons why positive thinking isn't the cure-all that it may seem. If you can manage three, even better.

1.

2.

3.

- 2) If you were to tell a friend or colleague that no one can save you, or them, and that is good news, how would you say it?

- 3) Think about your worst problems and how your life will be negatively impacted in five years if nothing changes. Ten years. Write it out.

If nothing changes, in five years:

If nothing changes, in ten years:

Wanna make a change? Read on...