

CONTENTS

| | |
|---|------------|
| <i>The Painful Prologue</i> | <i>xix</i> |
| INTRODUCTION | 1 |
| <hr/> | |
| PART I. ASPIRE | |
| <hr/> | |
| TALK, TALK, TALK | 23 |
| TO BE OR TO DO? | 29 |
| BECOME A STUDENT | 36 |
| DON'T BE PASSIONATE | 44 |
| FOLLOW THE CANVAS STRATEGY | 51 |
| RESTRAIN YOURSELF | 59 |
| GET OUT OF YOUR OWN HEAD | 66 |
| THE DANGER OF EARLY PRIDE | 73 |
| WORK, WORK, WORK | 79 |
| FOR EVERYTHING THAT COMES NEXT, EGO IS THE ENEMY . . . | 85 |

PART II. SUCCESS

| | |
|--|-----|
| ALWAYS STAY A STUDENT | 101 |
| DON'T TELL YOURSELF A STORY | 107 |
| WHAT'S IMPORTANT TO YOU? | 114 |
| ENTITLEMENT, CONTROL, AND PARANOIA | 120 |
| MANAGING YOURSELF | 126 |
| BEWARE THE DISEASE OF ME | 132 |
| MEDITATE ON THE IMMENSITY | 138 |
| MAINTAIN YOUR SOBRIETY | 144 |
| FOR WHAT OFTEN COMES NEXT, EGO IS THE ENEMY . . . | 150 |

PART III. FAILURE

| | |
|---|-----|
| ALIVE TIME OR DEAD TIME? | 170 |
| THE EFFORT IS ENOUGH | 175 |
| <i>FIGHT CLUB</i> MOMENTS | 182 |
| DRAW THE LINE | 188 |
| MAINTAIN YOUR OWN SCORECARD | 195 |
| ALWAYS LOVE | 200 |
| FOR EVERYTHING THAT COMES NEXT, EGO IS THE ENEMY . . . | 208 |

| | |
|-----------------------------------|------------|
| EPILOGUE | 211 |
| <i>What Should You Read Next?</i> | <i>219</i> |
| <i>Selected Bibliography</i> | <i>221</i> |
| <i>Acknowledgments</i> | <i>225</i> |