

Author's Preface

Note to Reader

Anxiety is Us

Breathing is Key

Compassion is Action

Courage is King

Dwell in the Wellness of the Present

Escape to the Great Outdoors

Find Your Purpose

Giving is **G**reat (And Doesn't Need to Cost You a Dime)

Happiness is **H**ighly Misunderstood

If You Don't Like the Situation, Do Something Smart

If You're Wrong, Admit It

Judge Not

Be **K**ind

Laugh a **L**ot (As Much as You Can)

Meditate, Don't **M**edicare

Money Can't Buy You Love (But it Sure Can Cause a World of Pain)

Negativity **N**eeds to Be **N**eutered

Optimism Rules (Because **O**ptimism is the **O**nly Way to Go)

Progress, Not **P**erfection

Question Your Assumptions

Resist The Urge to Be **R**eactive

Smile

Teach Your Children Well

Understand The Other Person's Point of View

Be Unreasonable

Be Vital

Be Wealthy

Exorcise Your Xenophobia

Let Yoga Lead The Way

Get Plenty of ZZZZ's

One Last Word

Meditation Progress Notes

About the Author

Endnotes