

The Unfolding

chapter 1

2 Embrace uncertainty.

chapter 2

6 Do a double-take on the hand you've been dealt.

chapter 3

10 Think in the direction of strength.

chapter 4

14 Commit yourself to full use of the present.

chapter 5

18 Use intention to shape your future.

chapter 6

22 Let nothing break your spirit.

chapter 7

26 Live with the long view.

chapter 8

30 Let go of what's going away.

chapter 9

34 Reserve judgment on the present
until it becomes the past.