

## **T A B L E   O F   C O N T E N T S**

---

Foreword by Norman Doidge **vii**

Overture **xxv**

**RULE 1** / Stand up straight with your shoulders back **1**

**RULE 2** / Treat yourself like someone you are responsible for helping **31**

**RULE 3** / Make friends with people who want the best for you **67**

**RULE 4** / Compare yourself to who you were yesterday,  
not to who someone else is today **85**

**RULE 5** / Do not let your children do anything that  
makes you dislike them **113**

**RULE 6** / Set your house in perfect order  
before you criticize the world **147**

**RULE 7** / Pursue what is meaningful (not what is expedient) **161**

**RULE 8** / Tell the truth—or, at least, don't lie **203**

**RULE 9** / Assume that the person you are listening  
to might know something you don't **233**

**RULE 10** / Be precise in your speech **259**

**RULE 11** / Do not bother children when they are skateboarding **285**

**RULE 12** / Pet a cat when you encounter one on the street **335**

Coda **355**

Acknowledgements **369** / Endnotes **371** / Index **390**