

CONTENTS

INTRODUCTION	1
I. LESSONS AND STORIES ON UNCOVERING FRESH STREAMS OF CONTENTMENT IN YOUR LIFE	9
1. Know Who You Can Be Now.....	11
2. Be Clear about What Is Truly Essential.....	21
3. Practice a Little Faithfulness.....	31
4. Don't Let Go . . . <i>Choose!</i>	41
5. Appreciate More Fully Everything and Everyone in Your Life Now	49
6. Know What a Renewing Community Really Is.....	59
7. Beware the Tyranny of Hope	65
8. Don't Be Fooled by the Winters of Your Life . . . <i>Lean Back</i>	73

9. When in Trouble, First Get the Details	81
10. Stop Thinking You Are Grateful . . . <i>Then See What You Inherit!</i>	91
11. Recognize That a Little Silence and Solitude Is No Small Thing.....	97
12. Mind Your Own Negative Predictions and Evaluations...	111
13. Mine the Criticisms You Receive from Others, but Don't Get Carried Away!.....	117
14. Make New Friends with Failure.....	123
15. Appreciate the Real Meaning and Power of Your Own "Self-Whispers".....	131
II. FIVE MINUTES A DAY: SPENDING THIRTY DAYS "IN THE COUNTRY" ON RETREAT	137
A Closing Suggestion	205
Works Cited.....	211
Recommended Reading.....	212
Acknowledgments.....	213