

## Contents

|                                    |    |
|------------------------------------|----|
| 1 The Touch                        | 7  |
| 2 Guts                             | 19 |
| 3 Strange Things                   | 29 |
| 4 Frustration                      | 41 |
| 5 How To Avoid Pressure—The Killer | 51 |
| 6 Crushed and Bent                 | 63 |
| 7 Thankfulness                     | 75 |