

CONTENTS

PUBLISHER'S FOREWORD	XI
PREFACE	XII
ACKNOWLEDGEMENTS	XVI
STANDARDS OF EXCELLENCE	1
The Main Idea	1
How To Get There	2
What is like to Experience Excellence?	5
The Standard	6
Wonderful and Dangerous	7
GUIDANCE AND EXCELLENCE	
IN PERSONAL RELATIONSHIPS	11
Eight Lessons:	15
Be Careful in Relationships	15
Retain Your Power	18
Count Your Money	20
Consider the Stupidity Factor	21
Don't Tempt People.	22
Behave Like Someone's Watching	23
Live Modestly	24
Face the Hard Things.	25
JUSTICE AND EXCELLENCE	37
WEALTH AND EXCELLENCE	
IN WORLDLY RELATIONSHIPS	44
Conjuring Wealth Out of Dust	44
The Factory of Civilization	46
The One and the World:	
Foundations and Discipline	48
Foundation One: Support Life	50
Foundation Two: Act Rightly	50
Discipline One: Endure and Abstain	50
Discipline Two: Slow Down.	50

THE END	52
How Do I Know?54
Don't Be Afraid59
THE JUSTIFICATION	60
The Elusive Butterfly62
Rebellion and War63
Meditation68
Teachers, Education and Experience71
Europe72
Twentieth Century History76
Sandy and Josh80
Thirteen Years in Business81
Teaching84
Two Philosophies87
THE HARDEST JOURNEY OF OUR LIVES	91
Walking Upright Through Fire94
Do Not Ask96
Beyond Cancer98
SUMMARY OF BLESSINGS	99
Bless Them99
Bless You100
ENDNOTES	101
BIBLIOGRAPHY	102