Expanded Table of Contents for Steve Pavlina's Book Personal Development for Smart People

The page numbers are accurate for the hardcover 1st edition.

Explanation of symbols: \emptyset A section about something to avoid or rectify. $\overleftrightarrow{\bowtie}$ An exercise. *Italics* denote notable parts that don't have official section headings.

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Introduction				ix
	 Creating StevePavlina.com 			xiii
	• What is Personal Development for Smart People?			xiv
	- · · · · · · · · · · · · · · · · · · ·			
	_			
PART I: Fundame	ental Principles			
	•			3
				4
	11000.009	Ø Overgeneralization		9
		_		9
		Ø Self-fulfilling prophecy		10
	Accentance	gpropiecy		10
	•			12
	Ø Blocks to Truth			14
	2 210 4 11 4 411	Ø Media Conditioning		14
		Ø Social Conditioning		15
		_	•••••	16
		Ø Emotional Interference		17
			•••••	17
				18
		•		19
	How to Become More Truthful	~ 5446		20
	Trow to Become More Truming	☆ Self-Assessment		20
		☆ Journaling	•••••	22
		☆ Media Fasting	•••••	23
2: Love				27
,,,	Connection			28
				30
				31
				33
	~ Brooks to hove	Ø Disconnected Mind-set		33
		Ø Fear of Rejection		35
		, and the second		36
		Ø Lack of Social Skills		37
		D Lack of Social Skills		51

	 How to Connect More Deeply 			39
		☆ The Connection Exercise		39
		☆ The Time-Travel Meditation		40
		☆ Sharing		41
		☆ Fast-Forwarding		42
		☆ The Direct Approach		42
		☆ Appreciation		43
		☆ Gratitude		44
3: Power				47
				48
				50
				51
				52
				57
	•			58
	Ø Blocks to Power	~ m · · · ·		60
		•	•••••	60
				61
	W	Ø Negative Conditioning		61
	• How to Build Your Power			62
		☆ Progressive Training	•••••	62
		☆ Master the First Hour	•••••	64
		☆ Personal Quotas		64
		₩ Worst First		65
				66
		☆ Rest		66
4: Oneness				69
	1 7			71
	•			72
	• Honesty		•••••	73
				74
				75
	•			77 - 0
	• How to Experience Oneness			78
		☆ Oneness World	•••••	79
		☆ Spend Time in Nature	•••••	80
		☆ Physical Contact		81
		☆ The Mirror Exercise		82
5: Authority				85
	• Command			86
	• Effectiveness			88
	• Persistence			89
				92
	Significance			94

	• How to Increase Your Authority		
		☆ Orchestrate Small Rebellions	
		_	
(· C · · · · · · · ·			
6: Courage			
	now to build couldge	☆ The Heart Question	
		☆ Progressive Training	
		☆ Education	
		☆ Commit in Advance	•••••
7: Intelligence			
, v 2v 2g			
	3		
	±		
	• Flow		
	• Beauty		
	• How to Live Intelligently		
		☆ Conscious Assessment	
		_	
		☆ Cultivate an Intelligent Microcosm	•••••
PART II: Practica			
8: Habits			
	Tradits and Tower		
		-	•••••
	 Habits and Authority 		
		☆ List of 66 habits that can help boost your	
		personal effectiveness	
	_		
	•		
9: Career			
	•		

10: Money			177
	 Money and Truth 		179
	 Money and Love 		181
		Ø The Moocher Mind-set	183
		• The Contributor Mind-set	185
	 Money and Power 		187
	 Money and Oneness 		188
		• Money and Fairness	190
	 Money and Authority 		191
	 Money and Courage 		193
	 Money and Intelligence 		194
11: Health			199
	 Health and Truth 		200
	•		
	•		
	• Health and Intelligence		212
12: Relationships			215
	• Relationships and Truth		216
	•		
	•		
	•		
	-		
	•		
	1		
13: Spirituality			
	• •		
		• List of ways of perceiving spiritual information	
	1 2		
	• Spirituality and Authority		
		• List of 8 criteria of effective beliefs	
	Spirituality and Intelligence		250
Afterword			253
Resources			255
About the Author			257