

# CONTENTS

FOREWORD vii

*by Marshall Goldsmith*

- 1 *Wake-Up Call* 1
- 2 *Watering the First Seed* 17
- 3 *The Sensitive Seed* 41
- 4 *The Third Seed Grows* 71
- 5 *The Message of the Fourth Seed* 85
- 6 *The Sunflower Seed* 119
- 7 *The Seed of Balance* 135
- 8 *Six Seeds in Review* 155
- 9 *The Seventh Seed* 167

AFTERWORD 183

QUESTIONS AND ANSWERS 187

THE AUTHOR 193

