

CONTENTS

Preface vii

STEP 1	Be Aware of Your Own Stress Addiction	1
STEP 2	Reclaim Your Identity	31
STEP 3	Learn to Become a Healthy Narcissist	57
STEP 4	Build a Healthy Body	85
STEP 5	Cultivate Your Sense of Fun and Humor	119
STEP 6	Jump-Start Your Libido	147
STEP 7	Reframe Your Thoughts	175
EPILOGUE	A New View of You	205

Notes 219

Resources 225

About the Author 229

Index 231