

# Contents

<b>Part One: Thinking About Believing</b>	<b>1</b>
1. Voices from the Ice	3
2. Brainforest	9
3. A Reason to Believe	25
4. The Stigma of a Pretty Woman	37
5. Life's Short—Why So Negative?	45
6. Bohemian Optimism and Fearmongering	61
7. Debunking the Myth of Wishing	85
<b>Part Two: Exercising Your Hope Muscles</b>	<b>97</b>
8. Five Stones	101
9. Belief Management	113
10. Wayfinding	141
11. Flatlining	165
<b>Part Three: Putting Hope to Work</b>	<b>173</b>
12. Curb Stepping	175
13. The Voice of Hope	183
14. Freaking In	195
15. Shine	207

Epilogue	235
Notes	237
Further Reading	249
Acknowledgments	252
The Author	254
Index	256