

# Contents

Foreword by Mark Joyner	xi
Preface	xiii
Acknowledgments	xvii
<b>1</b> Self-Discipline	1
<b>2</b> The Game Plan	15
<b>3</b> Directed Action	27
<b>4</b> Decision Making	47
<b>5</b> Passion	65
<b>6</b> Confidence	75
<b>7</b> Mastering Criticism	87
<b>8</b> Self-Control	103
<b>9</b> Resilience	119
<b>10</b> Wealth Building	135
<b>11</b> Support Structures	159

x

CONTENTS

<b>12</b>	Success Mind	179
	References	207
	Resources	209
	About the Authors	211
	Index	215