Contents

Preface vii
A Note on the Order of the Distinctions xi

Distinction 10
Winners take responsibility.
Whiners play the victim. 1

Distinction 9
Winners can have what they want.
Whiners want what they cannot have. 11

Distinction 8
Winners find a way.
Whiners find an excuse. 21

Distinction 7
Winners brighten a room by entering.
Whiners brighten a room by leaving. 29
Distinction 6

Winners listen twice as much as they talk.
Whiners talk twice as much as they listen. 39

Distinction 5

Winners enjoy life's journeys.
Whiners put their joy in the destinations. 49

Distinction 4

Winners build friendships.
Whiners destroy friendships. 59

Distinction 3

Winners think big.
Whiners think small. 69

Distinction 2

Winners are focus-minded.
Whiners are scatterbrained. 77

Distinction 1

Winners create positive meanings
Whiners create negative meanings. 85

What Now? 93

Contents