

# Table of Contents

Acknowledgements

Foreword by Keith Harrell

## Introduction

- Chapter 1 A Positive Attitude
- Chapter 2 Plus Continuous—Determination, Focus, and Action
- Chapter 3 Can Break You Away to Freedom

## Part 1: THE TIME IS NOW

- Chapter 4 Boldly Standing Up Within to Change and Grow
- Chapter 5 The Nine-Step Untie the Knots Process
- Chapter 6 Making the Untie the Knots Process a Hobby

## Part 2: YOU'RE MORE THAN WORTHY

- Chapter 7 Step 1: Identifying and Untying Your Knots
- Chapter 8 Step 2: Deciding to Do YOU
- Chapter 9 Step 3: Acknowledging and Pushing Through Your Fears

## Part 3: YOU MAY HAVE BEEN DELAYED, BUT YOU'RE RARELY DENIED

- Chapter 10 Step 4: Setting Unstoppable Goals
- Chapter 11 Step 5: Quit Marking Time—and Move Forward
- Chapter 12 Step 6: Defeating Toxic Habits, Choices, People, and Relationships

## Part 4: NEVER QUIT! NEVER STOP! DON'T EVER GIVE UP!

- Chapter 13 Step 7: Making "A" Commitment to Life
- Chapter 14 Step 8: Rewarding, Assessing, Managing, and Persisting
- Chapter 15 Step 9: Leaving A Lasting Legacy: Creating A Life of Significance

## Part 5: ONCE IS NEVER ENOUGH—LET'S DO IT AGAIN!

- Chapter 16 Making the Untie the Knots Process a Continuous Cycle
- Chapter 17 Avoiding Self and Outside Sabotage
- Chapter 18 When All Else Seems Not to Work: T.A.P.P.— Think, Act, Pray, and Prosper

Epilogue by Ty Howard

- Appendix A National Organizations and Resources for Additional Help
- Appendix B List of Suggested Books
- Appendix C What to Do Next?