Please read chapters 21 and 22.

CHAPTER 21: BE MY BEST FRIEND

In this chapter Rob talks about the importance of having friends. He is very honest about his early struggles to find friendship.

✎ Like Rob, have you ever faced rejection when trying to make friends with someone? How did you react and feel about the rejection?

On page 156, Rob quotes Eugene Kennedy, a professor of psychology who says, *"Friendship has a profound effect on our physical well-being. Having good relationships improves health and lifts depressions. You don't necessarily need drugs or medical treatment to accomplish this, just friends."*

✎ What do you think of this statement? How do you feel friendships, or the lack of them, has affected you?

✎ Rob writes about vulnerability being important for growing a friendship. Do you have a friend or friends you can talk to freely about anything, without fear of rejection? How does that make you feel?

✎ Rob writes at the end of the chapter, *"If you want acquaintances, tell them your successes. If you want friends, tell them your fears."* What do you think of this?

CHAPTER 22: THIEVES OF JOY

In this chapter, Rob explains how living in the past or always looking to the future can steal our joy today.

✎ Rob writes about happy memories he had as a teenager. Can you remember happy times when you were younger? Write down some of your happy memories, particularly ones that make you smile.

✎ Can you think of a moment in life which has caused you, maybe just for a moment, to be really happy? Maybe a kind word said to you, or a moment of feeling someone cares about you.

✎ How do you think the memories of your past, or worries about your future, might stop you from enjoying the good moments today?

In the story about Martha's conversation with a young woman, she likens happiness to a butterfly. You can only catch it when it rests on something.

✎ Does that describe the times when you've found happiness? What have those times been like for you?

At the end of this chapter Rob shows that constantly hankering for the past and longing for something better in the future can steal today's happiness. *"They steal today."*

✎ How can you enjoy the good moments that come your way today? For example: At the end of each day why not write down the best moments you've had – even if it's just one moment.

Something to think about ...

✎ What wisdom are you going to take away from these two chapters and how will you use it in your own life?

Next time ...

The next session will look at chapters 23, 24 and 25 where we'll think about not being defined by our past, being welcomed home, and a poem about not trying to impress others.

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