Please read chapters 13 and 14.

CHAPTER 13: BRING ME SUNSHINE

In this chapter Rob talks about the importance of laughter and making memories with your family.

✎ Can you recall any childhood memories of laughing helplessly with your family or friends? Write about what you remember of it, and how you feel when you think about that time.

✎ At the top of page 99 Rob says, "*I think that we would all have missed something special if, when I was gone, they didn't say, "The old boy was crazy sometimes, wasn't he? Do you remember the things he had us doing?""* What would you like to be said about you when people remember you?

✎ When you get the opportunity, who would you like to create more happy memories with? What sort of memories would you like to make?

Perhaps when you next communicate with them, you could ask them what memories they have shared with you that make them smile.

Remember, on page 96 Rob says, "*They rarely cost much money, and they are sweeter if at least part of the memory is helpless laughter.*"

CHAPTER 14: SLAYING YOUR DRAGONS

At the beginning of this chapter Rob says, "*There are four basic emotions: anger, fear, happiness and sadness.*" He suggests that fear is the one that affects us most. He goes on to describe some of the fears he has struggled with.

✎ Remember what Mark Twain said: "*Most of my tragedies have never happened to me*." Can you remember things you feared in the past that never happened? Write out what they were, how they made you feel at the time and how you feel about them now.

On page 106, Rob quotes a line which he saw on a poster of Taylor Knox the surfer, "*What if your fears and dreams existed in the same place?*" For example, your dream is to have a good relationship with your partner, but your fear is they'll reject you.

✎ Write down what you think this quote means to you?

For many, maybe this will mean they need to face their fears to get to their dreams.

✎ What fears do you think you will have to face to get to your dreams?

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 be based on chapters 15 and 16 where we'll look at forgiveness and discuss the myth of saving time.

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