

2008

- January: More on goals, Fear & attachment, The real battle, Value
February: Double-edged swords, Resilience under stress, Board of Directors, Decisions & non-decisions
March: Tell it like it is, Need plan and benefit, Anger & company, Silent times
April: The Beatles, Clinging, Storms, Strength & learning
May: Knowing when to quit, Insistent vs. persistent, Fighting the wall, Tilling the soil
June/July: Context, What...hope again?, Concentration, Goals & Dreams
August: Players & Spectators, Exploring & Explaining, The Ju Jitsu approach, Desire & belief
September: Intention & desire, Pride etc., Chronic stress & awareness, The cat and the boy
Oct/Nov: Loosening the grip, Purrsians aren't from Babble-on, Who are you putting on?, The inner chatter
December: Conflict resolution, The inner witness, Positive & negative, The inner critic