

Contents

Session 1	Join the Club	1
Session 2	Are You a Drain or a Fountain?	7
Session 3	Who Likes a Whiner?	15
Session 4	What Does Your Heart Look Like?	23
Session 5	It's All In How You Say It	31
Session 6	Problems Contain Hidden Opportunities	45
Session 7	Reserving a Little to Give Away	51
Session 8	Dealing with Anger	57
Session 9	Not Having to be First All the Time	65
Session 10	Be Careful of Meanness	73
Session 11	Responsibility and Privilege	81
Session 12	What Signals Do You Give?	87
Session 13	Learning to Play on a Team	95