

# TABLE OF CONTENTS

INTRODUCTION: <i>Failing at Failure</i> .....	15
<b>CHAPTER ONE</b> .....	25
<b>The Authentic Self</b>	
“To Thine Own Self Be True” .....	30
What is an Authentic Self?.....	30
Who You Are .....	32
What You Believe .....	35
Why You Believe It .....	37
COUNTERFEIT ONE: <i>Euphoria Instead of Passion</i> .....	39
Table Legs of Life .....	43
Types of Failure.....	52
Choice Failure.....	52
<i>Experimental</i> .....	53
<i>Mistake or Accident</i> .....	54
<i>Poor Judgment or Bad Decision-making</i> .....	55
<i>Reckless or Irresponsible Behavior</i> .....	56
<i>Evil or Sick Behavior</i> .....	56
Timing Failure.....	57
Associative Failure .....	58
Tragedy.....	59
True Victimization .....	61
Phony “Selves” and the Ultimate Secret to Authenticity .....	62
<b>CHAPTER TWO</b> .....	69
<b>All Liberty—and All Failure—is Individual</b>	
“I Give Out Hope” .....	73
The Power of One.....	76
COUNTERFEIT TWO: <i>Groupthink Instead of Individual Diversity</i> .....	77

Individual Organs, One Body .....	80
A Regressive, Counter-evolutionary Trend .....	85
The Fairness Fallacy .....	86
Living as Individuals.....	90
<b>CHAPTER THREE.....</b>	<b>95</b>
<b>Sometimes Failure is the Best Option</b>	
Stunting Growth .....	102
Fair Isn't Always Equal .....	104
Boundaries .....	107
COUNTERFEIT THREE: <i>Empathy Instead of Compassion</i> .....	108
The Rule of Holes .....	116
Victim Mentality .....	116
Genuine vs. Convenient Apologies.....	119
Forgiveness is One Thing; Reconciliation is Another.....	121
<b>CHAPTER FOUR.....</b>	<b>123</b>
<b>“Playing Badly Well”</b>	
Controlled vs. Automatic Systems.....	128
COUNTERFEIT FOUR: <i>Reaction Instead of Response (Perspective)</i> ....	132
The Ten Thousand Hour Rule .....	134
“The Forgetting Curve”.....	137
What Keeps You Going? .....	143
<b>CHAPTER FIVE.....</b>	<b>145</b>
<b>Entitled Kids or Failing Parents?</b>	
Kids Today .....	152
In the Beginning... ..	15
Who is In Charge Here? .....	156
Mentors in Failure vs. Enablers of Entitlement .....	161
COUNTERFEIT FIVE: <i>Intellect Instead of Well-Rounded Intelligence</i> ...	163
Smart Parents’ Ideas for Empowering Children .....	168
The Next “Greatest Generation?”.....	171

<b>CHAPTER SIX</b> .....	177
<b>Failing in Public: Finances, Weight, Relationships, Job Loss, and Communication</b>	
Public Failures .....	183
“Money is Not Required to Buy One Necessity of the Soul” .....	183
Perfectly Designed to Stay Overweight.....	189
All Private Relationships End in Public .....	198
COUNTERFEIT SIX: <i>Pride Instead of Humility</i> .....	208
Losing a Job, or an Identity?.....	210
A Failure to Communicate .....	216
Different Expectations.....	217
Mitigated Speech .....	220
Incomplete Exchanges .....	227
Processing Styles.....	229
<b>CHAPTER SEVEN</b> .....	233
<b>Why Failure is Necessary</b>	
An Immune System for the Soul.....	238
Benefits of Failure .....	243
Post-traumatic Growth .....	246
COUNTERFEIT SEVEN: <i>The Unending Treadmill of Trying Harder” Instead of the “Inconvenience of Discipline”</i> .....	246
CONCLUSION .....	257
ENDNOTES .....	263