

Contents

<i>Provenance</i>	7
The Four Agreements	7
Lost Horizon	9
A Course In Miracles	9
Reminding Others To Be Kind	10
<i>Catch Phrases</i>	13
Background	13
Atonement Prayer	14
The Catch Phrases	15
<i>People Who Argue</i>	19
Mental Illness	19
Narcissists	19
Sociopaths	20
Chip On The Shoulder Wounded	22
Secret Bargainers	22
I've Always Done It This Way	23
The Interrupter	24

Arguing

<i>The Walking Wounded</i>	27
I've Been Hurt Before	27
Psalm 23	28
The Abused	31
The Abandoned	33
Divorcing Couples	34
Legal Troubles	36
The Police	36
Banks	40
 <i>Arguing And Health</i>	 43
 <i>Breaking Up Is Hard To Do</i>	 47
 <i>Not In Front Of The Kids</i>	 51
 <i>Other Books By The Author</i>	 59
Out Here	59
Intersections With Spirit	60
Felony Divorce	61
In Plain Sight	62
Power-Mad Leaders	62
Dispossessed	63
Cutthroat Nation	65
The Evil Men Do	66
Dear President Biden	67
Health Wars	67
Off The Grid Health Care	70
Practical Techniques for the Recording Engineer	72

Quality In Sound Engineering	73
Off The Grid Breakfasts	73