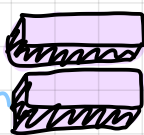

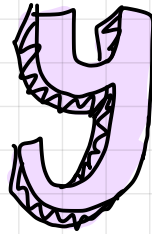
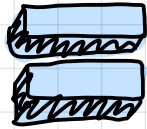
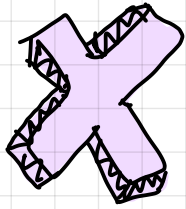


Chapter Summary

amount of  quality of
effort  *results*



$$Y = F'(X)$$

Results Function Efforts

'What if'

can be positive or negative

patience

is very important for reaching a goal

Meditation

Mindfulness

Prayer

will help to relax the mind