

# CONTENTS

---

---

*Acknowledgments* • vii

How to Be a Winner • 1

Child of God • 6

Exit Strategy • 19

In This Procedure • 33

Arms • 36

How to Be a Better You • 49

Profession of the Body • 56

Or • 69

Kids Make Their Own Houses • 81

How I Come to Be Here at the GasFast • 98

Saints and Martyrs • 103