



Our Personal Challenges Index

By Michael J. Lincoln, Ph.D.

INTRODUCTION

THE “PUER”

THE “PUELLA”

ADDICTIONS AND CO-DEPENDENCY

“WANDERLUST”

“PROGRAMMED INCOMPETENCE”

PLAY IT AGAIN, SAM

“TENNESSEE WILLIAMS” SYNDROME

“CREEPING CRUD”

HOW WE REMEMBER IT

THE PURSUIT OF HAPPINESS

GOING FOR THE “BRASS RING”

THE SHADOW KNOWS . . .

HEALING THE “SHADOW”

MULTIPLE PERSONALITIES

GOODBYE, “MR. GOODBAR”

CONTROL-AVOIDANCE

THE “LIVING XYLOPHONE”

ALONE AND ALIEN AND ALIENATED

THE “LONE MARAUDER”