Contents

Preface 1
Introduction 7

PART ONE — CHOICES

Chapter 1: Slow Down 11
Chapter 2: Drowning 15
Chapter 3: Opt-Outs 21
Chapter 4: Pele 25
Chapter 5: Alejandro 31

PART TWO — WILD RIDE

Chapter 6: Bad Boys 45
Chapter 7: Orphan 49
Chapter 8: No More Blame 53
Chapter 9: Prague 57
Chapter 10: Size and Sexuality 61
Chapter 11: Panama 65
Chapter 12: Anything Is Possible 73
Chapter 13: New Zealand 79
Chapter 14: Mystic 85
Chapter 15: Maldives 91
Chapter 16: Nepal 99
Chapter 17: Wow 109

PART THREE — SPIRITED

Chapter 18: Manta Ray 113
Chapter 19: Seeker 117
Chapter 20: Hawaiian Waterfall 121
Chapter 21: Jonah 125
Chapter 22: Mail-Order Bride 131
Chapter 23: Intense 139
Chapter 24: Me Being Me 143

PART FOUR — LOVE

Chapter 25: The Butcher 149
Chapter 26: Romeo 157
Chapter 27: Dis-ease 161
Chapter 28: Can You Dance? 165
Chapter 29: Same Woman 171
Chapter 30: Giving Away Our Power 173

PART FIVE — WHOLE

Chapter 31: Holden 179
Chapter 32: Tiger 189
Chapter 33: Dichotomy 193
Chapter 34: Full-Blown Alien 195
Chapter 35: Room 444 197

Epilogue 201
Acknowledgements 205
About the Author 207