



THE POWER OF THE OUTLINE

SUMMARY

The outline of a book, even if temporary, provides a sense of clarity and direction.

It's the map to your destination.

Before you start writing you need to organize your ideas using an outline.

This outline is from my published book and you can use it as a reference and example outline.

Introduction: Why Did I Punish Myself?

Part One:

THE BEGINNING

Chapter 1:

- Early Trauma Sets the Stage for Later Distortions
- Hot Porridge
- My Family
- The Town
- Work 'n Light
- Water Carrier

- The Sunny Dishes
- The Bus
- Justina
- Working for a Hug
- Just Look Up
- A Vote for a Tooth
- A Sunday Mass

Chapter 2:

- Learning About Friendship
- Sofia
- Lorena
- You Can Count On Me
- Coconut Candy
- Leaving
- Acarajé
- Summer Soup
- Carnival and Grilled Cheese
- There Was Music, Nevertheless
- Crawling Forward
- It's 9am

Chapter 3:

- From Pain to Fitness
- An Early Marriage: I Dreamt of Love
- You Are Blocking My View
- Love or a Mistake?
- Miami
- Dancing

- Can We Still Make It?
- New York
- Fresh Bread and Hot Coffee
- Breaking the Deal
- I Am Here for You
- Not Welcome
- Stumbled Over the Truth
- “Claro, Eu Falo Inglês”
- The Big Apple
- Let Me Love
- The Promise
- Fitness Upgrade
- “Sore Soul”

Part Two:

FROM FITNESS TO DEPRESSION

Chapter 4:

- Training Clients in New York
- The Snowflake
- More Than We Can “Work Out” to Be
- What Strength Is Not

Chapter 5:

- Fitness Before Spirituality
- The Bodybuilder or the Artist?
- Body-Mind Misfit—Fitness Competition Experience

Part Three:

FROM DEPRESSION TO JOY

Chapter 6:

- Walking the 'Fit for Joy' Path
- A Mysterious Friend
- Is There a Stoic Heart?
- The Blank Page After the Words

Chapter 7:

- Integrating Fitness and Spirituality
- The Healing Power of Being You
- Fit, Happy, and Kind

Chapter 8:

- Voice of the Heart
- Listening to the Heart or the Habitual Self?
- Forgiveness and Compassion

Conclusion:

LESSONS LEARNED

- Self-Love
- My Mother
- My Father
- Fitness
- The Past
- The Stories

- Depression
- Hopes and Dreams
- The Heart
- The Present Moment
- The Joy

Final Reflections:

- The Lucid Dream
- Shaking Off the Sand

Acknowledgments:

Appendices:

- Appendix One: Conventional Fitness Program
- Appendix Two: Diet and Training Program for
- Competitors

The End:

- About the Author