

Table Of Contents

Dedication	vii
Warning	ix
Section I: Introduction	
Introduction	3
Section II: Time Line Therapy	
Chapter 1: Introduction to Time Line	15
Chapter 2: Through Time and In Time— The Two Types	23
Chapter 3: Discovering the Time Line	31
Chapter 4: Memory Management	35
Chapter 5: Language and Time, The Meaning of Words	43
Chapter 6: Your Client's Internal Representation of Time	47
Chapter 7: Handling Trauma	51
Chapter 8: The Language of Time	57
Chapter 9: Time Line Therapy—A Demonstration	65
Chapter 10: Programming Your Future With Time Line ..	79
Chapter 11: Time Line Therapy Outline	85
Section III: Meta Programs	
Chapter 12: Introduction to Meta Programs	91
Chapter 13: The Simple Meta Programs	95
Chapter 14: Complex Meta Programs	111
Chapter 15: Changing Meta Programs	147

Section IV: Values

Chapter 16: Introduction to Values	155
Chapter 17: The Formation of Values	161
Chapter 18: The Evolution of Values	173
Chapter 19: Resolving Beliefs and Values Conflicts	179
Chapter 20: The Hierarchy of Ideas	193
Chapter 21: Changing Values	201
Chapter 22: Utilizing and Changing Values	205
Appendix 1: Changing the Basis of Personality	219
Appendix 2: Cocaine Therapy	231
Bibliography	265
Glossary	269
Index	275