Contents

| | A Note About The Author | 4 |
|----|--|-----|
| | A Note About The Story | 6 |
| | The People In This Story | 9 |
| 1 | January: A Very Bad Start | 11 |
| 2 | February: Valentine's Day Blues | 21 |
| 3 | March: Birthday Panic | 30 |
| 4 | April: Inner Poise | 38 |
| 5 | May: Mother-to-Be | 46 |
| 6 | June: Hah! Boyfriend | 53 |
| 7 | July: Huh | 57 |
| 8 | August: Depression | 64 |
| 9 | September: A New Job | 70 |
| 10 | October: A Date with Darcy | 75 |
| 11 | November: A Criminal in the Family | 83 |
| 12 | December: An Excellent Year's Progress | 91 |
| | Points for Understanding | 99 |
| | Glossary | 103 |
| | Exercises | 109 |