

Title: Second Edition of *Outsmarting Yourself*

October 6, 2015

Greetings all,

I wanted to send a quick note to let you know that we have now released a second edition of *Outsmarting Yourself*. I have worked on this from early 2011 to late 2014, and put in over two thousand hours of reviewing every word, sentence, paragraph, page, and chapter in *Outsmarting Yourself* – adding new material, deleting content that got in the way, correcting minor errors, and rewriting material that was good but just not as clear as it could be. The result has been almost a thousand small edits (from a single word to several sentences), more than seventy-five medium sized edits (from several sentences to several paragraphs), and more than forty major edits (from several paragraphs to several pages).

The second edition includes forty pages of new material, four pages of which are a fun new chapter on humor as a resource for activating our relational circuits. Also, all of the content from the accompanying DVD is now available as free download from the *Outsmarting Yourself* website, so you don't need to worry about keeping track of the DVD.

The first edition was good, but the second edition is even better.

Furthermore, if you are feeling frustrated and disappointed because you just bought a copy of *Outsmarting Yourself*, and now you are wishing you had known that the second edition was just about to be released, then there is good news for you. We have tried to care for this transition by quietly selling the second edition since the THRIVE annual gathering in early April of 2015. So if you have purchased a book from THRIVE (now called Life Model Works), CARE, or the Lehmans in the last six months, you already have the second edition.

Blessings,

Dr. Lehman/Karl

P.S. There are only 4500 first editions in print, so if you have one it may be a valuable collectors item some day!

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