

# Annotated Table of Contents

## THE NEW STRONG:

Stop Fixing Yourself—And Actually *Accelerate* Your Personal Growth!  
(*Rules & Tools for Thriving in the “Age of Awakening”*)

by Rose Rosetree

## Contents, Annotated

### Part One. Today’s New Energy Awareness

How the new vibrational rules show in everyday energy talk.

#### Chapter 1. **How the New Vibrational Rules Crept up on You**

Why today’s energy awareness is not a fad but a significant change.  
My unique qualifications to help you turn random energy talk into energy skill.  
This new Age of Awakening is about a vibrational shift, not just energies.

#### Chapter 2. **Your Human Life Is More Than You Think**

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Why living on earth could be considered a privilege.

#### Chapter 3. **The Clever Little Earth School Conspiracy**

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Today you can prosper and grow as never before.  
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Yes, you have a Personal Angel Team. Learn why it does not require begging.

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Personal growth today depends on what?

Why certain self-growth practices are a waste of time. Or worse.

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Yes, “Consciousness Lifestyle” choices can matter that much!

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What has replaced Sigmund Freud’s “Psychopathology of Everyday Life”?

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To gain clarity about today’s rules, match up these three psychological levels with their spiritual counterparts.

Vibrationally what it means to “Come back to reality.”

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Why working hard on your issues can produce exactly what you *don’t* want.

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How texting can help you evolve spiritually.

Work smarter, not harder, to improve your life.

## **Part Four. Vanquish External Negative Energies**

Now you’re ready to solve energetic problems that are new in this Age of Awakening.

Since the veil has gone, certain energy-related forms of STUFF are very new.

Subtly disruptive energetic problems? These still can be very healable.

### **Chapter 15. The Skill of Learning a Skill**

Maximum versatility at self-healing depends on knowing this simple strategy.

Certain precautions can help you gain the most from all the techniques that follow.

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Learn our first healing technique that directly involves energy.

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### **Chapter 18. Just Two Minutes More for Mega-Protection**

For better sleeping, clearer waking, try this.

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Age of Awakening

The downside of having “Greater psychic sex appeal.”

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Vanquish a kind of astral-flavored “help” that you really don’t need.

Really, would you have bought *this* at the pet store?

### **Chapter 21. New! Remote Negative Thought Forms**

Your sofa, at least, will be spared this new energetic problem. Not you, though.

If you were not given this skill set, why might you have cause for concern?

### **Chapter 22. Another Useful Kind of Energy Cleanup**

How to stop living like a human dartboard.

And why you really, really don’t need “energy hypochondria.”

## **Part Five. More Ways to Strengthen Yourself Vibrationally**

You wouldn’t know it from media coverage but this new Age of Awakening really does matter more than the Kardashians. Learn more about how to strengthen yourself by living within today’s vibrational rules.

### **Chapter 23. My Personal List of Techniques**

It’s official. Many kinds of Technique Time... aren’t done on purpose. They still count.

This list of 100 forms of Technique Time may shock you. It can definitely help you.

What’s wrong, really wrong, with “coming from a high vibrational place”?

### **Chapter 24. Reinsert Yourself into Reality**

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How to benefit from a quiet moment of choice.

### **Chapter 25. Success Stories**

A psychiatrist’s just-in-time wakeup call.

When spiritual addiction leads to a breakdown.

From spiritual growth to spiritual addiction (and back again).

The last thing I thought I’d be learning, how to have fun

Enjoying the opposite of chaos

Why those veeeerrrry long pauses?

Satisfyingly messy

### **Chapter 26. Your Role in Healing Our Awakening World**

The power of your auric modeling.

And the surprising spiritual ingenuity of one little pussycat.

Acknowledgments

## A NOTE FROM ROSE

The chapter subheads in this table of contents do not match the actual subheads in the book. My intention was to give a casual browser, prior to purchase, more of a description... so they could quickly grasp the topics covered in this book.

The paperback edition of "THE NEW STRONG" contains a regular table of contents. The eBook edition contains a standard, linked table of contents.