

Contents

<i>Introduction</i>	1
1. Ideals	11
2. Virtues	29
3. Principles	53
4. Postures	71
5. Language	89
6. Reflection	105
7. Understanding	121
8. Practice	137
9. Modeling	155
10. Assessment	171
11. Beginning	185
Appendix A Nine Key Virtues: Descriptions and Slogans	195
Appendix B Virtue-Based Self-Assessments	197
<i>Notes</i>	201
<i>Acknowledgments</i>	233
<i>About the Author</i>	237
<i>Index</i>	239