Accept Your Wealth – Full Chapter & Page Outline (Detailed)

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This is the full outline with titles and detailed themes for all 20 chapters and their respective 5 pages each.

# Chapter 1: The Wake-Up Moment

* Page 1: MK’s Bali story — first cracks in the hustle narrative
* Page 2: Emotional unraveling upon return home; fear, burnout
* Page 3: Introduction of Jo, the architect — case study of inertia
* Page 4: Jo’s cardboard prototype breakthrough; defining aligned action
* Page 5: Reflection prompt: The 'More' Audit + spiritual insight

# Chapter 2: Money as Emotion

* Page 1: Story: Alina the freelancer — income vs. self-worth
* Page 2: How money amplifies emotions; money types overview
* Page 3: The fear-spending and scarcity-saving spectrum
* Page 4: Exercise: Your Emotional Spending Journal
* Page 5: Practice: Heart-centered budgeting with intention

# Chapter 3: Inner Safety First

* Page 1: MK’s story of losing a high-paying client and spiraling
* Page 2: Case Study: Leo, the crypto trader with panic attacks
* Page 3: How unresolved trauma influences financial risk
* Page 4: Spiritual practice: Inner child meditation + prompt
* Page 5: Reflection: Define your personal feeling of 'enough'

# Chapter 4: Rewriting the Story

* Page 1: Identifying inherited money stories (family + culture)
* Page 2: Story: Anita, single mom trapped in debt and shame
* Page 3: Breakthrough: forgiveness + rewriting her money narrative
* Page 4: Exercise: Money Timeline + Family Belief Mapping
* Page 5: Prompt: Rewrite your money origin story

# Chapter 5: Wealth as Energy

* Page 1: Exploring wealth beyond currency — alignment and flow
* Page 2: Case Study: Tomas, the burnt-out startup founder
* Page 3: Energy leaks: guilt, resentment, self-sabotage
* Page 4: Spiritual technique: Arigato In, Arigato Out
* Page 5: Prompt: Identify your energetic money flow blocks

# Chapter 6: Scarcity Addiction

* Page 1: Intro: scarcity as a survival pattern; MK’s early years
* Page 2: Story: Marta, the hoarder of free eBooks and courses
* Page 3: The illusion of preparation vs. actual action
* Page 4: Exercise: Scarcity Inventory — what are you clinging to?
* Page 5: Spiritual Practice: Abundance Gratitude Ritual

# Chapter 7: The Enough Point

* Page 1: Defining ‘enough’ as a spiritual milestone
* Page 2: Case Study: Darren, the exec with 3 houses but no peace
* Page 3: Consumerism vs. contentment — how marketing shapes lack
* Page 4: Exercise: Your Enough Map
* Page 5: Prompt: What would life look like if you stopped chasing?

# Chapter 8: Financial Intimacy

* Page 1: MK’s story: first conversation about debt with a partner
* Page 2: Case Study: Grace & Niko — a couple torn by unspoken debt
* Page 3: Patterns of avoidance in relationships around money
* Page 4: Dialogue exercise: Write your ‘Money Confession Letter’
* Page 5: Practice: Weekly Wealth Check-In with your partner

# Chapter 9: Healing the Hustle

* Page 1: Work addiction and the mythology of overachievement
* Page 2: Story: Ben, founder who had a breakdown mid-launch
* Page 3: Burnout as an identity crisis, not just a health issue
* Page 4: Exercise: Unplug Challenge — define your inner GPS
* Page 5: Prompt: Redefine success in your own terms

# Chapter 10: Your Inner Banker

* Page 1: Introducing the ‘money council’ within you
* Page 2: Case Study: Laila — CEO with inner chaos around decisions
* Page 3: Who runs your money? Ego, child, sage, or saboteur?
* Page 4: Visualization: Meet your inner money archetypes
* Page 5: Prompt: Appoint your inner financial advisor

# Chapter 11: Soul-Aligned Earning

* Page 1: MK’s leap from secure consulting to soul work
* Page 2: Case Study: Vika, who underpriced for years
* Page 3: Charging what you’re worth vs. what you believe
* Page 4: Exercise: Offer Redesign Worksheet
* Page 5: Practice: Income Meditation — call in aligned abundance

# Chapter 12: Receiving Without Guilt

* Page 1: Cultural stories of guilt around ease and success
* Page 2: Case Study: Matas — chronic overgiver, underreceiver
* Page 3: Unpacking guilt as misplaced responsibility
* Page 4: Exercise: Worthiness Audit
* Page 5: Practice: The Art of Receiving (3-day challenge)

# Chapter 13: Spiritual Sales

* Page 1: Selling as sacred service, not extraction
* Page 2: Story: Elle — healer afraid to promote herself
* Page 3: Authentic marketing and energetic alignment
* Page 4: Prompt: Write your sales story without shame
* Page 5: Practice: Sell one thing with joy today

# Chapter 14: Money and Identity

* Page 1: How we attach meaning to roles and income
* Page 2: Case Study: Jorge, ex-banker turned yoga teacher
* Page 3: Letting go of labels to find truth
* Page 4: Exercise: Deconstruct Your Financial Mask
* Page 5: Prompt: Who are you without the title?

# Chapter 15: Holding Wealth

* Page 1: Creating capacity to hold and steward abundance
* Page 2: Story: Nila — sudden inheritance anxiety
* Page 3: Self-sabotage and shrinking under visibility
* Page 4: Exercise: Container Size Assessment
* Page 5: Practice: Create your Wealth Ritual

# Chapter 16: Legacy and Lineage

* Page 1: Ancestral money stories; epigenetics and trauma
* Page 2: Story: Daiva — carrying her grandmother’s survival fear
* Page 3: Breaking cycles through awareness and choice
* Page 4: Prompt: Letter to your ancestors
* Page 5: Exercise: Build your Family Money Tree

# Chapter 17: Reparenting Your Wallet

* Page 1: Your money style is often your attachment style
* Page 2: Case Study: August — high earner, inner chaos
* Page 3: Money and emotional regulation
* Page 4: Practice: Speak to your financial inner child
* Page 5: Prompt: Write new ‘rules’ for your money home

# Chapter 18: Leading with Wealth

* Page 1: Wealth as leadership and responsibility
* Page 2: Story: Sam, activist afraid to be seen as rich
* Page 3: Visibility wounds and leadership hesitation
* Page 4: Exercise: Your Wealth Leadership Statement
* Page 5: Practice: Take one bold visible action

# Chapter 19: Quantum Generosity

* Page 1: Beyond budgeting — giving as expansion
* Page 2: Case Study: Rita — gave without boundaries, burned out
* Page 3: Sustainable generosity and universal flow
* Page 4: Exercise: Impact Circle Mapping
* Page 5: Practice: Arigato In, Arigato Out Advanced

# Chapter 20: The Wealthy Self

* Page 1: MK’s return to Bali — full-circle reflection
* Page 2: What changed: not the money, but the alignment
* Page 3: Reader reflection: A journal through all past prompts
* Page 4: Prompt: Write a letter from your future wealthy self
* Page 5: Final practice: Wealth Acceptance Ceremony