

Hi,

This file is for readers who have the electronic version of my book, **Rip It Up**.

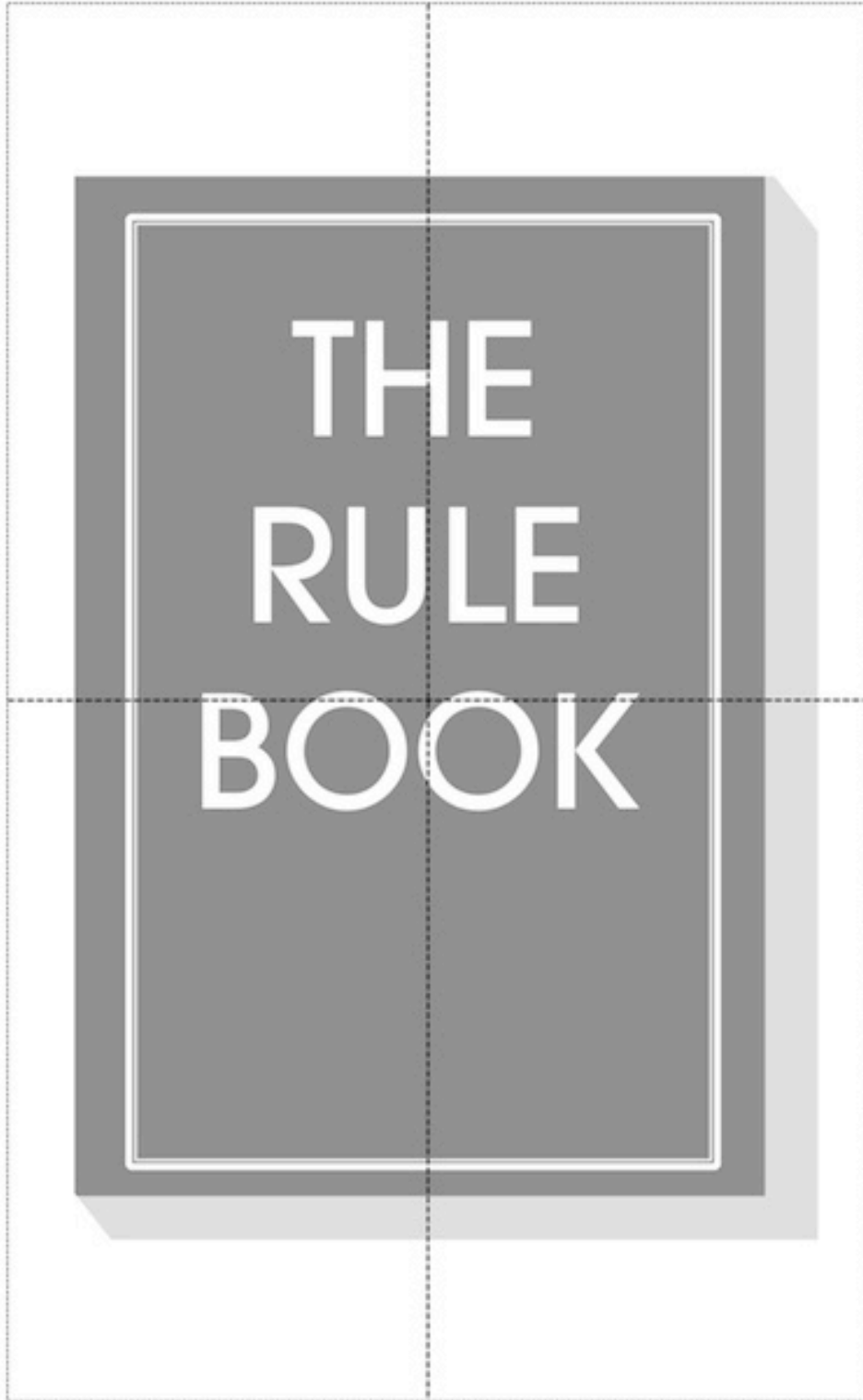
To take part in the exercises, simply print out the document and follow the instructions in the book.

All of the **Rip It Up** exercises that require tearing out a page are here, except for 'Twenty Pieces' and 'Thinking Inside The Box', because they simply involve blank sheets of paper!

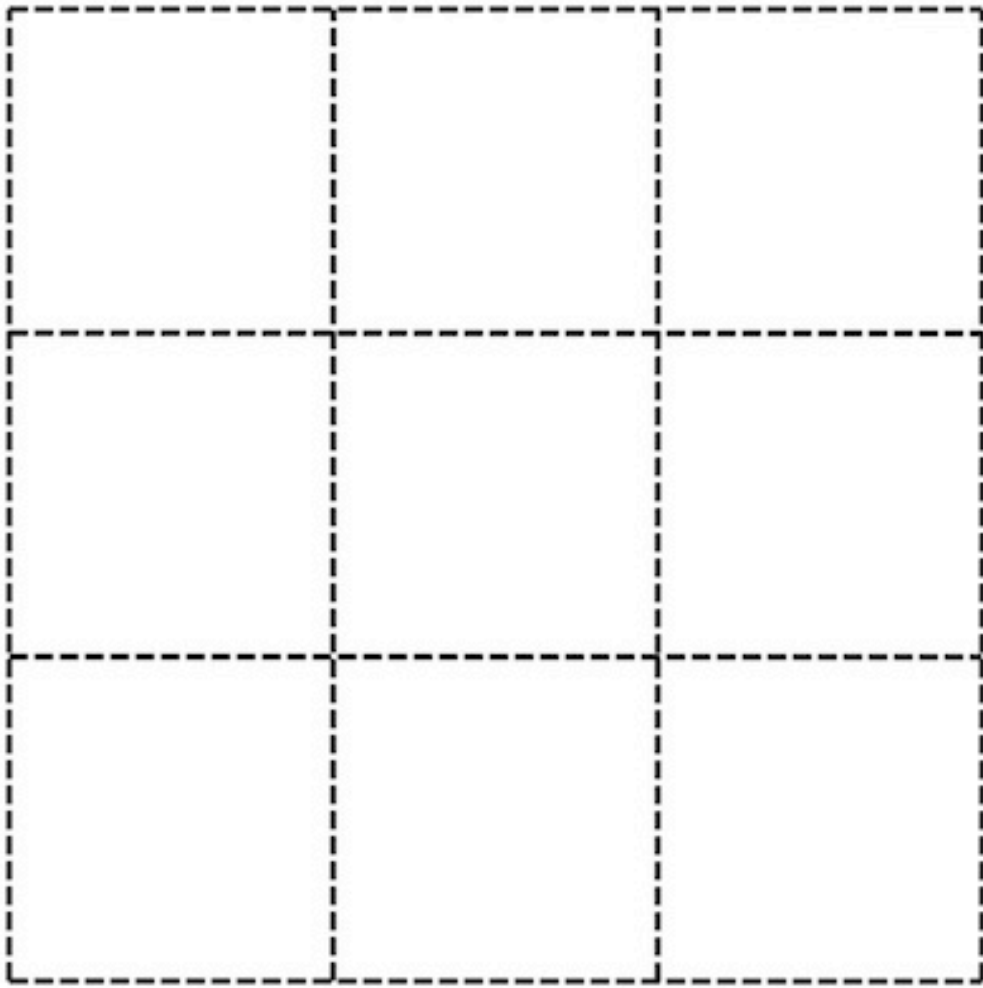
Have fun!

Richard

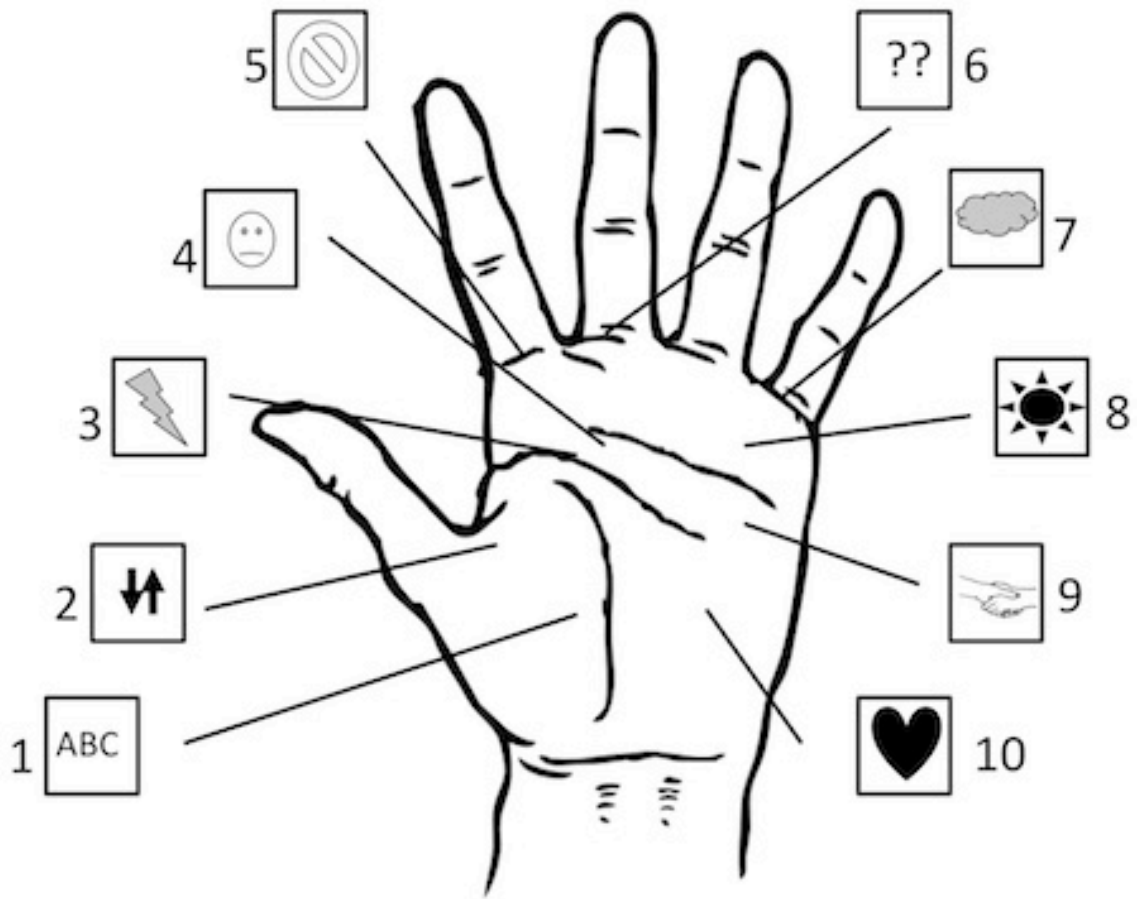
The Rule Book



Fun Inc.



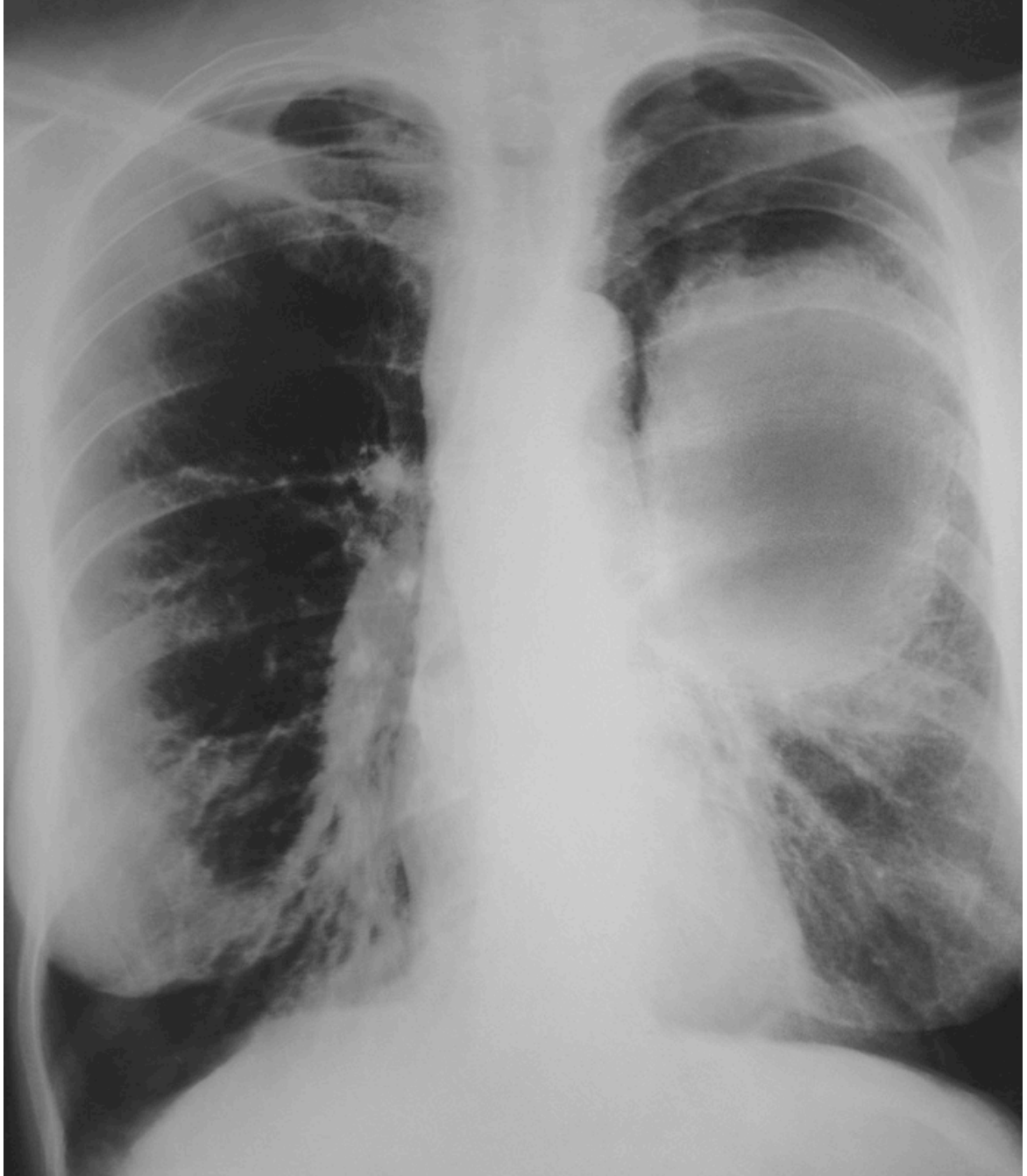
Palmistry: A quick guide



The guilt trip



Giving up smoking



Pledge Cards

I pledge to

I pledge to

I pledge to

I pledge to

Assessing your self-control

'So, how did you do?'