

CONTENTS

Dedication	6
Introduction	7
Part I	
The Helping Process	17
1. The Power of Listening and the Stages of Helping	19
Part II	
Most Common Roots	33
2. Root of Rejection	35
3. Root of Unforgiveness	49
4. Root of Pride	61
5. Root of Perfectionism	71
6. Root of Rebellion	83
7. Root of Sexual Abuse	93
8. Root of Dysfunction	109
Part III	
Most Common (Negative) Fruits	123
9. Fruit of Depression	125
10. Fruit of Anxiety (Worry and Fear)	135
11. Fruit of Low Self-Esteem	143
12. Fruit of Anger	153
13. Fruit of Shame and Guilt	163
Part IV	
Common Problems	175
14. Grief and Loss	177
15. Divorce	187
16. Affairs	201
17. Stepparenting	213
18. Sexual Addiction	223
Part V	
Supplemental Topics	237
19. Engagement	239
20. Marital Helps	253
21. Legal and Ethical Issues	269
22. Supplements	277
Bibliography	285