

Contents

1. The Retreat	7
2. Why the Conflict?	11
3. Letting Go of Your Expectations	25
4. The Gift of Decreasing	37
5. The Gift of Love	53
6. The Gift of Empathy	73
7. The Gift of Boundaries	83
8. The Gift of Acceptance	101
9. The Gift of Spiritual Growth	121
10. The Measure of Success	135
Acknowledgments	142