Contents

Introduction		7
1.	There Must Be Some Mistake	11
2.	No More Business as Usual	19
3.	Roller-coaster Emotions	29
4.	The Good, the Bad, and the Scary	41
5.	Make Your Battle Plan	61
6.	A Declaration of Dependence	79
7.	The Challenge of Endurance	87
8.	The Power Source	103
9.	Spiritual Questions, Scriptural Answers	113
10.	Will I Ever Be Whole Again?	129
11.	Rest and De-stress	137
12.	A Place to Grow	151
13.	Living a Refocused Life	161
14.	More than Conquerors	171
Арр	pendix	181
Note	es	187