CONTENTS

Intr	ntroduction	
1.	Lifesaving Principle 1: Reach Out	11
2.	Lifesaving Principle 2: Understand Scriptural Truths	27
3.	Lifesaving Principle 3: Change Yourself, Not Him	45
4.	Lifesaving Principle 4: Detach with Love	65
5.	Lifesaving Principle 5: Nurture Yourself	83
6.	Lifesaving Principle 6: Face Your Fears	97
7.	Lifesaving Principle 7: Speak the Truth in Love	113
8.	Lifesaving Principle 8: Set Boundaries	129
9.	Lifesaving Principle 9: Make Your Children a Priority	153
10.	Lifesaving Principle 10: Enter God's Rest	177