## CONTENTS

| Foreword by Christopher and Wendy West  | xi   |
|---|------|
| Introduction                            | xiii |
| Part I: Becoming One                    |      |
| 1. Devoted for Life                     | 3    |
| 2. Five Key Areas of Unity              | 17   |
| 3. Rooted in Christ: Spiritual Unity    | 33   |
| 4. Heart to Heart: Emotional Intimacy   | 49   |
| 5. Hand in Hand: Daily Companionship    | 65   |
| 6. Side by Side: Cooperative Teamwork   | 81   |
| 7. Body and Soul: Sexual Fulfillment    | 99   |
| Part II: Healing and Reconciliation     |      |
| 8. Understanding the Roots of Conflicts | 117  |
| 9. Healing and Forgiveness              | 135  |
| 10. Restoring Broken Trust              | 153  |
| Conclusion: A Legacy of Love            | 171  |

| Acknowledgments                           | 181 |
|---|-----|
| Appendix 1: Daily Examination as a Couple | 185 |
| Appendix 2: Prayers for Fostering Unity   | 187 |
| Appendix 3: Resources for Healing         | 191 |
| Notes                                     | 193 |