### CONTENTS

#### **ACKNOWLEDGMENTS**

ix

PREFACE

xiii

### **INTRODUCTION**

1

CHAPTER 1: THE BIRTH OF RESILIENCE

5

CHAPTER 2: FACING HARDSHIPS

21

CHAPTER 3: THE SHADOW SIDE

37

CHAPTER 4: THE BATHTUB QUESTION

51

CHAPTER 5: FLY WHILE YOU STILL HAVE WINGS

67

CHAPTER 6: A FIRM FOUNDATION OF FAITH

85

## CHAPTER 7: THE BEST FRIEND I EVER HAD

# CHAPTER 8: WHEN A NEW DISABILITY ARRIVES

CHAPTER 9: CLIPPED WINGS 135

CHAPTER 10: THE GIFT OF THE SUN PORCH 153

CHAPTER 11: A BOOK OF REGRETS

EPILOGUE: TURNING TOWARD THE MORNING 183

NOTES

READER'S GUIDE