

Contents

Series Preface	ix	
Preface	xi	
Acknowledgments	xiii	
Chapter 1	Designed for Relationships	I
Chapter 2	The Mixed Blessing of Disconnection	15
Chapter 3	A Pathway to Repair	29
Chapter 4	Navigating Romantic Relationships	49
Chapter 5	Finding Home in Our Families	81
Chapter 6	Leaning into Loss	101
Chapter 7	Discovering Community	119
Chapter 8	Encountering God	139
Notes	149	
Bibliography	151	