

# **Contents**

Foreword.....	11
Preface.....	12
Introduction.....	20
Believing in Yourself .....	23
Who Are We? .....	24
Being Ourselves.....	31
Loving Ourselves.....	38
Claiming a Deeper Love.....	46
Reconciling with Our History.....	51
Embracing Our Abilities and Inabilities.....	61
Accepting Our Bodies .....	67
Following Our Inner Voice .....	78
Believing in the Other .....	85
Encountering the Other .....	86
Being with the Other .....	93
Meeting the Other at the Margins.....	99
Celebrating the Other .....	104
Epilogue.....	110