



## Contents

Dedication .....	7
Introduction .....	9

### *Part One: Bruised not Broken*

1. Rejected Boy .....	13
2. Angry Young Man.....	29
3. From Darkness to Light.....	43

### *Part Two: Training for Freedom*

4. A New Lifestyle .....	61
5. A Marriage made in Different Worlds.....	79
6. Loser!.....	97



### *Part Three: Restoring the Years*

7. New Beginnings .....	113
8. Life in the Raw.....	129
9. Unsung Heroes.....	143
10. Exploding Point.....	155
11. No Easy Way Out .....	165
12. Manhattan, Bogota and the Future.....	177
13. Taking the Church Back into the Community .....	187
14. Postscript.....	201
15. Help!.....	203

