CONTENTS



Acknowledgments i	X
Introduction	1
1. Mostly Sunny with a Few Afternoon Showers Seeds of perfectionism scattered into my early childhood	5
2. Heavy Clouds Roll In Guilt and shame grow in my early years; a sexual abuse experience 1	3
3. Stormy with Intermittent Sunshine Seeking self-worth; another sexual abuse experience	5
4. A New Storm System Moves In I need a perfect body!	1
5. Brilliant Sunshine The perfect boyfriend and the perfect solution to my weight problem 4	1
6. Rain, Rain, Go Away! Breaking up is hard to do	9
7. Persistent Storms Confessions alone can't cure an eating disorder	7
8. More Disturbances on the Radar Missionary service and doctor visits don't cure eating disorders 6	9
9. Mostly Sunny with Patches of Turbulence Finding Mr. Right in the midst of the storm	9

10. Only Sunshine from Now On Or Maybe Not Marriage doesn't fix perfectionism
11. Surprise Storms on the Horizon New babies and good jobs don't fix perfectionism
12. Stormy Skies in Portland A marriage crisis
13. Lingering Clouds over Fix-it Mom The joy and pain of parenting
14. A Pill to Chase the Clouds Away? Exploring medication and other remedies for depression
15. Lightning Strikes David announces he is gay
16. The Dawning of a Beautiful New Day A change of heart
17. An Anchor for All Storms Developing my relationship with God
18. Testing the Anchor David moves back home
19. Further Testing of the Anchor More unexpected challenges
20. Joyful in Any Kind of Weather Relying on my stepping stones to joy
My Stepping Stones to Joy 12 Tools for Managing Perfectionism and Living Joyfully
About the Author185