

# Contents

Foreword	ix
Introduction	xiii
In Tribute to Jolene	xv
1 A Complicated Relationship	1
2 Moving On	7
3 Carpe Diem	15
4 Teddy's Case—Part One	19
5 Heroes & Heroines	29
6 The Visit	43
7 Spirit's Story	51
8 Research, Results and . . . Roaches?	63
9 Partners on the Path	67
10 How It Works	81
11 Teddy's Case—Part Two	83

CONTENTS

12	Expecting the Unexpected	101
13	A Modern <i>Lassie-Come-Home</i> Miracle	105
14	Closeness and Closure	109
15	Your Turn	113
	Epilogue	116