

Contents

What is ALS?	v
Introduction.....	1
1. Dealing with Death	11
2. Being Thankful.....	18
3. Remaining Independent	23
4. Diet, Exercise, and Spirituality	30
5. The Ability to Laugh.....	46
In Closing	53
Epilogue: Still Living.....	57
Twenty-five Years of ALS	61
Author's Note	71
Crucial Accident.....	73