

TABLE OF CONTENTS

PART ONE

Chapter 1	The Wrecking Ball	3
Chapter 2	Hoping for a Medical Miracle	17
Chapter 3	From Within the Darkness, a Tiny Light	33
Chapter 4	Entering the World of Macrobiotics	50
Chapter 5	Learning the Power of the Food	64
Chapter 6	Return to Spiritual Life	81
Chapter 7	The Healing Power of Surrender	99
Chapter 8	Real Progress, With a Little Help from My Friends	112
Chapter 9	The Light at the End of the Tunnel	124
Chapter 10	Birth and Rebirth	131

PART TWO

Chapter 11	A Healing Diet and Healing Herbs	145
Chapter 12	Exercise for Health	193
Chapter 13	Facing the Demons Within: Handling Stress	201
Chapter 14	Spiritual Healing	215