



# Contents

|  |     |
|--|-----|
| <i>Foreword</i>  | ix  |
| <i>Acknowledgements</i>                                | xi  |
| INTRODUCTION   | 1   |
| CHAPTER 1 There's terrible, terrible news              | 4   |
| CHAPTER 2 Sarah lovely, Sarah happy                    | 17  |
| CHAPTER 3 You were not fragile until you were fearless | 36  |
| CHAPTER 4 It's OK, I can talk about it                 | 82  |
| CHAPTER 5 I always flirt with death                    | 111 |
| CHAPTER 6 Can you make a phone call if you're dead?    | 141 |
| CHAPTER 7 We kiss the joy as it flies                  | 173 |
| CHAPTER 8 The final goodbye: "Forever Young"           | 179 |
| EPILOGUE Last word from Sarah (as it were)             | 197 |
| <i>References</i>                                      | 201 |

