

# Contents

Foreword .....	9
Preface .....	13
1. The Spiritual Life and Alzheimer's Disease: Three Case Studies .....	15
2. Our Spiritual Journey .....	23
3. How to Pray the Rosary .....	27
4. Meditations for Caregivers .....	33
5. Meditations for Loved Ones and Patients Together .....	51
References and Resources .....	61
Acknowledgments .....	63