CONTENTS

Preface 7
はじめに 9

PART 1
FROM UNCERTAINTY TO LOVE 11

Ambivalence 12
Flattery 14
Sympathy 16
Friends and neighbors 25
Higher love 33
Thankfulness 33
Beloved things 35
Parents and children 39
Tough love 52
Love and liking 55
Coming on strong 68
Walking on air 70
Loving to excess 77
Off the beaten path 82

PART 2
FROM UNCERTAINTY TO HATE 87

Ambivalence 88
Frosty silence 90
Derision 93
Arrogance and pride 96

Knowing no shame 100
Ingratitude 103
The cold shoulder 105
Scowling and frowning 109
Sarcasm and bullying 113
Finding fault 114
Getting mad 118
Fed up 122
Cannot stand 127
Unlikable things 133
Jealousy 137
Fighting 139
Defiance 142
Hate 144
Holding a grudge 148
Revenge 150
Betrayal 151
Horrible things 153
We've been through a lot together. Now let's break up! 154

Appendix: Proverbs and Sayings 158