## Contents

Ι	How humans have repeatedly lost hope, and how new encounters, and a new pair of spectacles, revive them	1
2	How men and women have slowly learned to have interesting conversations	2.2
3	How people searching for their roots are only beginning to look far and deep enough	43
4	How some people have acquired an immunity to loneliness	55
5	How new forms of love have been invented	72
6	Why there has been more progress in cooking than in sex	86
7	How the desire that men feel for women, and for other men, has altered through the centuries	108
8	How respect has become more desirable than power	131
9	How those who want neither to give orders nor to receive them can become intermediaries	147

10	How people have freed themselves from fear by finding new fears	166
ΙΙ	How curiosity has become the key to freedom	183
12	Why it has become increasingly difficult to destroy one's enemies	204
13	How the art of escaping from one's troubles has developed, but not the art of knowing where to escape to	221
14	Why compassion has flowered even in stony ground	236
15	Why toleration has never been enough	256
16	Why even the privileged are often somewhat gloomy about life, even when they can have anything the consumer society offers, and even after sexual liberation	274
17	How travellers are becoming the largest nation in the world, and how they have learned not to see only what they are looking for	299
18	Why friendship between men and women has been so fragile	314
19	How even astrologers resist their destiny	335
20	Why people have not been able to find the time to lead several lives	346
21	Why fathers and their children are changing their minds about what they want from each other	358
22	Why the crisis in the family is only one stage in the evolution of generosity	375
23	How people choose a way of life, and how it does not wholly satisfy them	396
24	How humans become hospitable to each other	426
25	What becomes possible when soul-mates meet	465