

Contents

Acknowledgements	ix
Introduction	1
Chapter 1: An Ugly Toad and an Elegant Man	11
Chapter 2: How We Learned to Roll Uphill	23
Chapter 3: Life As We Knew It	42
Chapter 4: Life As We Know It Now	54
Chapter 5: Why Aren't Identical Twins Actually Identical?	75
Chapter 6: The Sins of the Fathers	97
Chapter 7: The Generations Game	115
Chapter 8: The Battle of the Sexes	129
Chapter 9: Generation X	152
Chapter 10: The Message is Not the Medium	178
Chapter 11: Fighting the Enemy Within	205
Chapter 12: All in the Mind	233
Chapter 13: The Downhill Slope	262
Chapter 14: Long Live the Queen	282
Chapter 15: The Green Revolution	293
Chapter 16: The Ways Ahead	304
Notes	313
Glossary	325
Index	329