Contents

Introduction	3	
Postarilla Carring Economy III		
What Is Altruism?		
The Nature of Altruism	15	
Extending Altruism	24	
What Is Empathy?	39	
From Empathy to Compassion in a Neuroscience Laboratory	56	
Love, Supreme Emotion	65	
The Accomplishment of a Twofold Benefit, Our Own and Others'	76	
Self-Interested Altruism and Generalized Reciprocity	83	
Selfless Altruism	89	
The Banality of Good	94	
Altruistic Heroism	103	
Unconditional Altruism	110	
Beyond Imitations, True Altruism: An Experimental Investigation	120	
	What Is Altruism? The Nature of Altruism Extending Altruism What Is Empathy? From Empathy to Compassion in a Neuroscience Laboratory Love, Supreme Emotion The Accomplishment of a Twofold Benefit, Our Own and Others' Self-Interested Altruism and Generalized Reciprocity Selfless Altruism The Banality of Good Altruistic Heroism Unconditional Altruism Beyond Imitations, True Altruism:	

CONTENTS

13. The Philosophical Arguments Against Universal Selfishness	137
II	
The Emergence of Altruis	m
14. Altruism in Theories of Evolution	151
15. Maternal Love, Foundation for Extended Altre	uism? 171
16. The Evolution of Cultures	177
17. Altruistic Behavior Among Animals	183
18. Altruism Among Children	208
19. Prosocial Behavior	225

III	
Cultivating Altruism	220
20. Can We Change?	239
21. Training the Mind: What the Cognitive Science Have to Say	247
22. How to Cultivate Altruism: Meditations on A Love, Compassion, Joy, and Impartiality	ltruistic 260
IV monomal	3. Love, Supreme
Contrary Forces	
23. Egocentrism and Crystallization of the Ego	271
24. The Spread of Individualism and Narcissism	281
25. The Champions of Selfishness	299
26. Having Hatred or Compassion for Yourself	314
27. The Shortfall of Empathy	322
28. At the Origin of Violence: Devaluing the Oth	ner 339
29. The Natural Repugnance to Kill	374
30. Dehumanizing the Other: Massacres and Ger	nocides 38

CONTENTS

31.	Has War Always Existed?	412	
32.	The Decline of Violence	426	
33.	The Instrumentalization of Animals: A Moral Aberration	455	
34.	Backfire: Effects of the Meat Industry on Poverty,		
	Environment, and Health	470	
35.	Institutionalized Selfishness	480	
	Nothing a more posterful if V at the schoic unit for come		
Building a More Altruistic Society			
36.	The Virtues of Cooperation	515	
37.	An Enlightened Education	532	
38.	Fighting Inequality	552	
39.	Toward a Caring Economy	563	
40.	Voluntary, Joyous Simplicity	604	
41.	Altruism for the Sake of Future Generations	616	
42.	Sustainable Harmony	657	
43.	Local Commitment, Global Responsibility	675	
	Conclusion: Daring Altruism	690	
	Acknowledgments	695	
	Karuna-Shechen: Altruism in Action	699	
	Notes	701	
	Sources for Figures	833	
	Select Bibliography	837	