## CONTENTS

1. An Unsettling Surprise	1
PART I. Starting the Search	
2. What We're Looking For	13
3. How to Find It	25
4. The Prime Suspect	41
PART II. More Suspects	
5. Avoiding Shame and Guilt	69
6. Pursuing Pride	89
7. One Way to Feel Better	107
8. The Pleasure of Empathic Joy	119
PART III. Three New Possibilities	
9. A Gang	141
10. Self-Other Merging	151
11. Premature Release of the Prime	171
PART IV. Facing the Consequences	
12 How Can It Be?	189

vi • Contents	
13. Some Good News	212
14. Some Bad	230
15. After the Fall	251
Acknowledgments	271
References	275

293

Index