

Acknowledgments	ix
Introduction	xi
Abbreviations	xvii

PART I Foundations

1. Human Nature in a Nutshell 3
2. The Evolved Mind 30
3. Individual and Sex Differences 68
4. Life History Strategies 95

PART II A Unified Approach

5. Evolution and Mental Disorders 129
6. The Life History Framework and the FSD Model 153

PART III Common Mental Disorders

7. Antisocial and Conduct Disorders 195
8. The Schizophrenia Spectrum 208
9. The Bipolar Spectrum 231
10. The Autism Spectrum 243
11. Attention-Deficit/Hyperactivity Disorder 261
12. Personality Disorders 272
13. Eating Disorders 285
14. Depression 301
15. Generalized Anxiety Disorder 319
16. Posttraumatic Stress Disorder 323

- 17. Specific Phobias 331
- 18. Panic and Agoraphobia 340
- 19. Social Anxiety Disorder 347
- 20. Obsessive-Compulsive Disorder 353

PART IV Conclusion

- 21. A Look at the Future 369

References 379

Index 523