

Contents

| | |
|-------------------------|---|
| Prologue: The Apple | 1 |
| Introduction: A Mystery | 5 |

Part I: The Crack in the Old Story

| | |
|-------------------------------|----|
| 1: The Wand | 17 |
| 2: Imbalance | 27 |
| 3: The Grief Exception | 38 |
| 4: The First Flag on the Moon | 45 |

Part II: Disconnection: Nine Causes of Depression and Anxiety

| | |
|---|-----|
| 5: Picking Up the Flag (An Introduction to Part Two) | 59 |
| 6: Cause One: Disconnection from Meaningful Work | 61 |
| 7: Cause Two: Disconnection from Other People | 72 |
| 8: Cause Three: Disconnection from Meaningful Values | 91 |
| 9: Cause Four: Disconnection from Childhood Trauma | 106 |
| 10: Cause Five: Disconnection from Status and Respect | 116 |
| 11: Cause Six: Disconnection from the Natural World | 123 |

| | |
|---|-----|
| 12: Cause Seven: Disconnection from a Hopeful or Secure Future | 132 |
| 13: Causes Eight and Nine: The Real Role of Genes and Brain Changes | 143 |

Part III: Reconnection. Or, a Different Kind of Antidepressant

| | |
|--|-----|
| 14: The Cow | 159 |
| 15: We Built This City | 164 |
| 16: Reconnection One: To Other People | 179 |
| 17: Reconnection Two: Social Prescribing | 189 |
| 18: Reconnection Three: To Meaningful Work | 201 |
| 19: Reconnection Four: To Meaningful Values | 211 |
| 20: Reconnection Five: Sympathetic Joy, and Overcoming Addiction to the Self | 218 |
| 21: Reconnection Six: Acknowledging and Overcoming Childhood Trauma | 241 |
| 22: Reconnection Seven: Restoring the Future | 245 |
| Conclusion: Homecoming | 255 |
| Acknowledgments | 265 |
| Notes | 269 |
| Index | 305 |