Contents

Acknowledgments		v
Introduction	ix	

Part I

A NEW VISION OF SECULAR ETHICS

- 1. Rethinking Secularism 3
- 2. Our Common Humanity 21
- 3. The Quest for Happiness 31
- 4. Compassion, the Foundation of Well-Being 41
- 5. Compassion and the Question of Justice 57
- 6. The Role of Discernment 73
- 7. Ethics in Our Shared World 83

Part II EDUCATING THE HEART THROUGH TRAINING THE MIND

Introduction: Starting with Oneself 101

- 8. Ethical Mindfulness in Everyday Life 103
- 9. Dealing with Destructive Emotions 113
- 10. Cultivating Key Inner Values 137
- 11. Meditation as Mental Cultivation 155

Afterword 185