

Contents

	page
Introduction	v
Chapter 1 The Centre	1
Chapter 2 State Conditioning	7
Chapter 3 Off Duty	14
Chapter 4 Bernard Marx	17
Chapter 5 The Social Sea	24
Chapter 6 Passion	33
Chapter 7 Among the Savages	42
Chapter 8 John	53
Chapter 9 My Father!	62
Chapter 10 New Lives	66
Chapter 11 Emotional Problems	72
Chapter 12 Love and Hate	76
Chapter 13 Death	81
Chapter 14 Realities	85
Chapter 15 In the Service of Happiness	91
Chapter 16 The New God	99
Chapter 17 John Alone	101
Activities	114