

CONTENTS

<i>Preface</i>	xii	
<i>Abbreviations</i>	xiii	
1	Introduction: The Problem of Perfection	1
2	The Problem of DNA	13
3	To Begin at the Beginning . . .	
	How Adaptation Works	48
4	The Great Evolutionary Roulette Wheel	76
5	The Nearly Neutral Theory and the Problem	
	of the Bloated Genome	106
6	Why Rare Diseases Aren't Rare	126
7	Problems with Placentas, Pregnancy,	
	and Perfection	164
8	The Evolutionary Fightback	194
9	The Medical Fightback	221
<i>Bibliography</i>	257	
<i>Index</i>	261	