

Contents

	Foreword	v
	Preface to the Fifteenth Anniversary Edition	vii
	Preface to the First Edition	xi
	Acknowledgements	xiii
	Introduction	1
<i>chapter 1</i>	The Self-Transforming Brain	5
	Part One: <i>The Causes of Suffering</i>	
<i>chapter 2</i>	The Evolution of Suffering	23
<i>chapter 3</i>	The First and Second Dart	49
	Part Two: <i>Happiness</i>	
<i>chapter 4</i>	Taking in the Good	67
<i>chapter 5</i>	Cooling the Fires	79
<i>chapter 6</i>	Strong Intentions	97
<i>chapter 7</i>	Equanimity	111
	Part Three: <i>LOVE</i>	
<i>chapter 8</i>	Two Wolves in the Heart	123
<i>chapter 9</i>	Compassion and Assertion	139
<i>chapter 10</i>	Boundless Kindness	159

Part Four: Wisdom

<i>chapter 11</i>	Foundations of Mindfulness	179
<i>chapter 12</i>	Blissful Concentration	193
<i>chapter 13</i>	Relaxing the Self	207
<i>Appendix</i>	Nutritional Neurochemistry —Jan Hanson, L.Ac.	229
	References	237