

Table of Contents

Foreword by Daniel Siegel, M.D.

Preface by Jack Kornfield, Ph.D.

Acknowledgements

Introduction

1. The Self-Transforming Brain

Part One: The Causes of Suffering

2. The Evolution of Suffering
3. The First and Second Dart

Part Two: Happiness

4. Taking in the Good
5. Cooling the Fires
6. Strong Intentions
7. Equanimity

Part Three: Love

8. Two Wolves in the Heart
9. Compassion and Assertion
10. Boundless Kindness

Part Four: Wisdom

11. Foundations of Mindfulness
12. Blissful Concentration
13. Relaxing the Self

Appendix: Nutritional Neurochemistry

References