

# CONTENTS

<i>List of Figures</i>	<i>ix</i>
1 Limbering Up: An Introduction	1
2 A Brief History of Anti-Bodies	15
3 Bodies: What Are We Made Of?	32
4 Why the Body Needs a Brain	56
5 How Brain and Body Talk to Each Other	79
6 Emotions and Feelings	102
7 The Embodied Mind	138
8 The Welling Up of Consciousness	167
9 The Augmented Body	193
10 Craftiness and Expertise	219
11 Rehab: How Can I Get My Body Back?	242
12 The Embodied Life: Self, Spirit and Society	264
 <i>Notes</i>	 <i>293</i>
<i>Acknowledgements</i>	<i>314</i>
<i>Index</i>	<i>316</i>