

Contents

Acknowledgements	ix
Preface: What This Book Is About	x
Introduction: People Like Us	1
Chapter 1: The Low-Serotonin Society	29
Chapter 2: Death By A Thousand Social Comparisons – <i>The Evolution Of Subordination And Depression</i>	42
Chapter 3: Why We May Feel Like Losers Even If We Are Winners – <i>How the Increasing Amounts of Social Comparison, And More Maladaptive Patterns Thereof Since 1950, Contributed To The Low-Serotonin Society</i>	69
Chapter 4: Losers In Love – <i>The Increase In Broken Emotional Bonds Since 1950</i>	128
Chapter 5: Gender Rancour, Part I – <i>Are Working Mothers 'Unnatural' Or Are Men Just Bad Losers?</i>	159
Chapter 6: Gender Rancour, Part II – <i>Sex And Attraction As Further Causes Of Gender Rancour</i>	207
Chapter 7: Pills – <i>Solutions For The Low-Serotonin Individual, Part I</i>	241
Chapter 8: Therapy – <i>Solutions For The Low-Serotonin Individual, Part II</i>	269
Chapter 9: Treating The Low Serotonin Society – <i>Aligning Advanced Capitalism To Our Basic Intincts</i>	305
Appendix I: A Brief Review Of The Scientific Evidence That Rates Of Depression Have Increased Since 1950	344
Appendix II: Psychological And Psychiatric Correlates Of Low Levels Of Serotonin	346
Appendix III: Varieties Of Mental Health Professionals And Treatments	359
Footnotes	362
Bibliography	373
Subject Index	393
Index of First Author Citations	399