

# CONTENTS

<i>List of Illustrations</i>	ix
<i>List of Abbreviations</i>	xi
<i>Preface</i>	xiii
INTRODUCTION	1
Chapter 1: The Centre	13
Chapter 2: The North	55
Chapter 3: The West	99
Chapter 4: Across the Narrow Sea	147
Chapter 5: The East	187
EPILOGUE	225
<i>Notes</i>	233
<i>Further Reading</i>	239
<i>Index</i>	243