

# Contents

---

<i>List of Illustrations</i>	page x
<i>Preface</i>	xi
1 Bodies of rule: embodiment and interiority in early modern England	1
2 Fortifying inwardness: Spenser's castle of moral health	40
3 The matter of inwardness: Shakespeare's Sonnets	74
4 Devotion and digestion: George Herbert's consuming subject	96
5 Temperance and temptation: the alimantal vision in <i>Paradise Lost</i>	131
<i>Afterword</i>	169
<i>Notes</i>	173
<i>Index</i>	198