

Contents

	List of Illustrations	ix
	Preface and Acknowledgments	xi
	Introduction	1
Chapter 1	Professional Medicine and the Discovery of Neurasthenia	7
Chapter 2	The Popular Diagnosis	36
Chapter 3	The Search for Inspiration: Neurasthenia and Therapeutic Spirituality	64
Chapter 4	Neurasthenia, Health, and Gender	85
Chapter 5	Lifestyle and Managing the Healthy Balance	113
Chapter 6	The Decline of Neurasthenia	140
	Epilogue: Neurasthenia's Legacy	159
	Notes	167
	Index	193