

Contents

Acknowledgements — VII

Note on Editions — XI

Abbreviations — XIII

Introduction — 1

Chapter 1

Mental and Physical Acts in Old English Prose: the Alfredian Translations, the Sermons of Ælfric, and The Old English *Benedictine Rule* — 15

Chapter 2

Body and Soul: Thought and Action in *The Seafarer* — 33

Chapter 3

A New Kind of Hero? Thought and Action in *The Battle of Maldon* — 69

Chapter 4

A State of Mind: Byrhtnoð and *Maldon* in the Context of Æðelred's *Eard* — 99

Chapter 5

The Devil's *Lar*: Mental Manipulation in *Juliana* — 127

Conclusion — 169

Bibliography — 179

Index — 191