Contents

Int	roduction: A Parachute Jump into Emptiness	1
1.	There's Always Something how we have banished emptiness from our lives	13
2.	Free at Last philosophers as pioneers of emptiness	30
3.	Marching in Slow Step the brainwaves of emptiness	58
4.	Beyond the Defence Mechanism the brain areas of emptiness	76
5.	Default-mode Network the brain on autopilot	89
6.	Senselessly Happy what happens to us when nothing happens	101
7.	Training for Emptiness why is a mouse when it spins	130



8.	Lusting for Emptiness what sex, religion, and epilepsy have in common	151
9.	The Rhythm of Emptiness how music carries us away	169
10). The Pathology of Emptiness how we should deal with 'diseases of emptiness'	186
11	. The Right Life in the Wrong Body the happiness of locked-in syndrome	223
12	2. Emptiness as the Beginning of the End of Life how emptiness will return to us at last	241
N	ptes	253