
Contents

<i>Acknowledgements</i>	x
<i>About the author</i>	xi
Introduction	1
PART I	
Sensing and searching	3
1 Patience	5
2 Curiosity	27
PART II	
Restraining and relating	57
3 Privacy	59
4 Intimacy	86
PART III	
Titrating and transcending	113
5 Humility	115
6 Dignity	136
<i>References</i>	154
<i>Index</i>	176