

Contents

<i>List of illustrations</i>	vii
<i>Acknowledgements</i>	ix
 Introduction	 1
1 Rewriting the rules of yourself	10
2 Rewriting the rules of attraction	24
3 Rewriting the rules of love	39
4 Rewriting the rules of sex	55
5 Rewriting the rules of gender	74
6 Rewriting the rules of monogamy	94
7 Rewriting the rules of conflict	112
8 Rewriting the rules of break-up	130
9 Rewriting the rules of commitment	147
10 Rewriting your rules	168
 <i>Notes</i>	 179
<i>Index</i>	189