

Contents

ACKNOWLEDGMENTS ix

Introduction	1
I The Restless Season	5
II Restlessness and Creativity	23
III Help!	45
IV Eat, Sleep, Bend, and Stretch	67
V Are We There Yet?	97
VI You Put Your Right Foot In, You Put Your Right Foot Out	121
VII Home Again	141

RESOURCES 159

NOTES 161

THE AUTHOR 167