

## **Summary**

1. Foreword – Introduction to Doi's background and aims.
2. The World of Amai – Exploration of the meaning and manifestations of amai in Japanese life.
3. The Logic of Amai – Analysis of the psychological mechanisms and cultural expressions of amai.
4. Cultural and Therapeutic Implications – Discussion of how amai informs Japanese psychology and therapy.
5. Conclusion: Toward a Universal Understanding of Dependence – Reflection on human dependency beyond Japan.