## Contents

	Preface	e the fact that a second		xi
0	Part	o: Setting the Stage		
	Prolog	gue: Three Stories		3
		luction: A Natural System of Units, the Cube of Physics, Overweight, and Hawking Radiation		10
	Preluc	le: Relativity Is an Everyday and Ancient Concept		17
NE	Bool	k One: From Newton to the Gravitational Redshi	ft	
1	Part	I: From Newton to Riemann: Coordinates to Cur	vatu	re
	I.1	Newton's Laws		25
	I.2	Conservation Is Good		35
	I.3	Rotation: Invariance and Infinitesimal Transformation		38
	I.4	Who Is Afraid of Tensors?		52
	I.5	From Change of Coordinates to Curved Spaces		62
	I.6	Curved Spaces: Gauss and Riemann		82
	I.7	Differential Geometry Made Easy, but Not Any Easier!		96
	Recap	to Part I		110

II.1 The Harlanging stuff and vertical states of the Spring and Spring and Vertical states of the Spring and Spring an	11	Part	II: Action, Symmetry, and Conservation	
II.2 The Shortest Distance between Two Points II.3 Physics Is Where the Action Is II.4 Symmetry and Conservation Recap to Part II  III Part III: Space and Time Unified  III.1 Galileo versus Maxwell III.2 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  WO Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		II 1	The Hanging String and Variational Calculus	113
II.3 Physics Is Where the Action Is II.4 Symmetry and Conservation  Recap to Part II  III Part III: Space and Time Unified  III.1 Galileo versus Maxwell III.2 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation			The Shortest Distance between Two Points	123
Recap to Part II  Part III: Space and Time Unified  III.1 Galileo versus Maxwell III.2 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  WO Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		II.3		136
III. Part III: Space and Time Unified  III.1 Galileo versus Maxwell III.2 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  WO Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		II.4		150
III.1 Galileo versus Maxwell  III.2 Einstein's Clock and Lorentz's Transformation  III.3 Minkowski and the Geometry of Spacetime  III.4 Special Relativity Applied  III.5 The Worldline Action and the Unification of Material Particles with Light  III.6 Completion, Promotion, and the Nature of the Gravitational Field  Recap to Part III  IV Part IV: Electromagnetism and Gravity  IV.1 You Discover Electromagnetism and Gravity!  IV.2 Electromagnetism Goes Live  IV.3 Gravity Emerges!  Recap to Part IV  WO Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation		Recap	to Part II	155
III.1 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  EWO Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation	111	Part	III: Space and Time Unified	
III.2 Einstein's Clock and Lorentz's Transformation III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		III.1	Galileo versus Maxwell	159
III.3 Minkowski and the Geometry of Spacetime III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation				166
III.4 Special Relativity Applied III.5 The Worldline Action and the Unification of Material Particles with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III  IV Part IV: Electromagnetism and Gravity IV.1 You Discover Electromagnetism and Gravity! IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges! Recap to Part IV  26  WO Book Two: From the Happiest Thought to the Universe Prologue to Book Two: The Happiest Thought V Part V: Equivalence Principle and Curved Spacetime V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation			Minkowski and the Geometry of Spacetime	174
III.5 The Worldline Action and the Unification of Material Particles with Light  III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III    V   Part   V: Electromagnetism and Gravity   24   IV.1 You Discover Electromagnetism and Gravity!   24   IV.2 Electromagnetism Goes Live   24   IV.3 Gravity Emerges!   25   Recap to Part IV   26    WO   Book Two: From the Happiest Thought to the Universe   26   Prologue to Book Two: The Happiest Thought   26    V   Part V: Equivalence Principle and Curved Spacetime   27   V.1 Spacetime Becomes Curved   27   V.2 The Power of the Equivalence Principle   28   V.3 The Universe as a Curved Spacetime   29   V.4 Motion in Curved Spacetime   36   V.5 Tensors in General Relativity   37   V.6 Covariant Differentiation   37   Spacetime Second Spacetime   36   V.6 Covariant Differentiation   37   V.6 Covariant Differentiation   37   V.7 Tensors in General Relativity   37   V.8 Covariant Differentiation   37   V.8 Tensors in General Relativity   37   V.6 Covariant Differentiation   37   V.7 Tensors in General Relativity   37   V.8 Tensors in General Relativity   37   V.6 Covariant Differentiation   37   V.7 Tensors in General Relativity   37   V.8 Tensors in General Relativity   38   V.7 Tensors in General Relativity   39   V.7 Tensors in General Relativity   30   V.7 Te				195
with Light III.6 Completion, Promotion, and the Nature of the Gravitational Field Recap to Part III    V   Part   V: Electromagnetism and Gravity   IV.1 You Discover Electromagnetism and Gravity    IV.2 Electromagnetism Goes Live   IV.3 Gravity Emerges    Recap to Part IV   26    WO   Book Two: From the Happiest Thought to the Universe   Prologue to Book Two: The Happiest Thought   26    V   Part V: Equivalence Principle and Curved Spacetime   V.1 Spacetime Becomes Curved   27   V.2 The Power of the Equivalence Principle   28   V.3 The Universe as a Curved Spacetime   29   V.4 Motion in Curved Spacetime   30   V.5 Tensors in General Relativity   31   V.6 Covariant Differentiation   32   V.6 Covariant Differentiation   32   V.7 Tensors in General Relativity   33   V.6 Covariant Differentiation   32   V.7 Tensors in General Relativity   33   V.6 Covariant Differentiation   32   V.7 Tensors in General Relativity   33   V.6 Covariant Differentiation   32   V.7 Tensors in General Relativity   33   V.8 Tensors in General Relativity   34   V.8 Tensors in General Relativity   35   V.8 Tensors i		III.5		
IV   Part IV: Electromagnetism and Gravity			with Light	207
IV   Part IV: Electromagnetism and Gravity		III.6	Completion, Promotion, and the Nature of the Gravitational Field	218
IV.1 You Discover Electromagnetism and Gravity!  IV.2 Electromagnetism Goes Live  IV.3 Gravity Emerges!  Recap to Part IV  26  WO Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation		Recap		238
IV.1 You Discover Electromagnetism and Gravity!  IV.2 Electromagnetism Goes Live  IV.3 Gravity Emerges!  Recap to Part IV  26  WO Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation				
IV.1 Four Discover Electromagnetism and Gravity.  IV.2 Electromagnetism Goes Live  IV.3 Gravity Emerges!  Recap to Part IV  26  WO Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  26  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation	IV	Part	IV: Electromagnetism and Gravity	
IV.2 Electromagnetism Goes Live IV.3 Gravity Emerges!  Recap to Part IV  26  WO Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		IV1	You Discover Electromagnetism and Gravity!	241
IV.3 Gravity Emerges!  Recap to Part IV  Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation				248
Recap to Part IV  Book Two: From the Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation				257
Prologue to Book Two: The Happiest Thought to the Universe  Prologue to Book Two: The Happiest Thought  Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation				261
Prologue to Book Two: The Happiest Thought  V Part V: Equivalence Principle and Curved Spacetime  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation		1		
Prologue to Book Two. The Happiese Hought  V.1 Spacetime Becomes Curved  V.2 The Power of the Equivalence Principle  V.3 The Universe as a Curved Spacetime  V.4 Motion in Curved Spacetime  V.5 Tensors in General Relativity  V.6 Covariant Differentiation	WO	Воо	k Two: From the Happiest Thought to the Universe	
V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		Prolo	ogue to Book Two: The Happiest Thought	265
V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation				
V.1 Spacetime Becomes Curved V.2 The Power of the Equivalence Principle V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation	V	Parl	t V: Equivalence Principle and Curved Spacetime	
V.3 The Universe as a Curved Spacetime V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		V.1		27
V.4 Motion in Curved Spacetime V.5 Tensors in General Relativity V.6 Covariant Differentiation		V.2		28
V.5 Tensors in General Relativity V.6 Covariant Differentiation		V.3	The Universe as a Curved Spacetime	28
V.6 Covariant Differentiation 33		V.4		
V.0 Covariant Directitution		V.5		31
Recap to Part V		V.6	Covariant Differentiation	
		Reca	p to Part V	33

VI	Part	VI: Einstein's Field Equation Derived and Put to Wor	k
	VI.1	To Einstein's Field Equation as Quickly as Possible	337
	VI.1	To Cosmology as Quickly as Possible	355
	VI.3	The Schwarzschild-Droste Metric and Solar System Tests	
		of Einstein Gravity	362
	VI.4	Energy Momentum Distribution Tells Spacetime How to Curve	378
	VI.5	Gravity Goes Live	388
	VI.6	Initial Value Problems and Numerical Relativity	400
	Recap	to Part VI	406
		VIII. Plack Holes	
VII	Part	VII: Black Holes	
	VII.1	Particles and Light around a Black Hole	409
	VII.2	Black Holes and the Causal Structure of Spacetime	419
	VII.3	Hawking Radiation	436
	VII.4	Relativistic Stellar Interiors	451
	VII.5	Rotating Black Holes	458
	VII.6	Charged Black Holes	477
	Recap	to Part VII	485
VIII	Part	VIII: Introduction to Our Universe	
	VIII.1	The Dynamic Universe	489
		Cosmic Struggle between Dark Matter and Dark Energy	502
		The Gamow Principle and a Concise History of the Early Universe	515
		Inflationary Cosmology	530
	Recap	to Part VIII	537
DEE	Page	k Three Cresity at Work and at Play	
REE	ВОО	k Three: Gravity at Work and at Play	
IX	Part	IX: Aspects of Gravity	
	IX.1	Parallel Transport	543
	IX.2	Precession of Gyroscopes	549
	IX.3	Geodesic Deviation	552
	IX.4	Linearized Gravity, Gravitational Waves, and the Angular Momentum	563
	IX.5	of Rotating Bodies A Road Less Traveled	578
	IX.6	Isometry, Killing Vector Fields, and Maximally Symmetric Spaces	585
	IX.7	Differential Forms and Vielbein	594

## x | Contents

	IX.8	Differential Forms Applied	60
	IX.9	Conformal Algebra	61
	IX.10	De Sitter Spacetime	62
	IX.11	Anti de Sitter Spacetime	64
	Recap	to Part IX	66
X	Part	X: Gravity Past, Present, and Future	
	X.1	Kałuza, Klein, and the Flowering of Higher Dimensions	67
	X.2	Brane Worlds and Large Extra Dimensions	69
	X.3	Effective Field Theory Approach to Einstein Gravity	70
	X.4	Finite Sized Objects and Tidal Forces in Einstein Gravity	71
	X.5	Topological Field Theory	71
	X.6	A Brief Introduction to Twistors	729
	X.7	The Cosmological Constant Paradox	74
	X.8	Heuristic Thoughts about Quantum Gravity	760
	Recap to Part X		77
	Closing	g Words	77
	Timeli	ne of Some of the People Mentioned	79
	Solutio	ons to Selected Exercises	793
	Bibliog	graphy	819
	Index		82
	Collect	ion of Formulas and Conventions	859