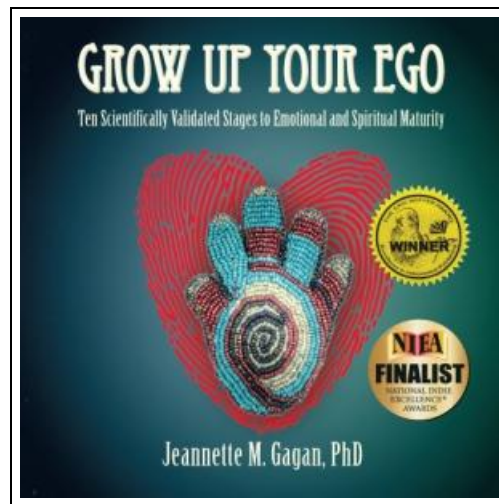


Grow Up Your Ego: Ten Scientifically Validated Stages to Emotional and Spiritual Maturity (Paperback)



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Reviews

It is one of the best books. Better than ever, though I am quite late in starting to read this one. You won't feel monotony at any moment of the time (that's what catalogues are for regarding in the event you check with me).
(Dr. Kristin Dickens)

GROW UP YOUR EGO: TEN SCIENTIFICALLY VALIDATED STAGES TO EMOTIONAL AND SPIRITUAL MATURITY (PAPERBACK)

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Rio Chama Publications, 2015. Paperback. Condition: New. Revised with New ISBN and Othe ed.. Language: English . Brand New Book ***** Print on Demand *****.Were Sigmund Freud to peek in on us today, we can only wonder how he would react to the ego's reputation, the ego being the component he originally placed at the very center of personality structure. Little did he know that from a lay perspective, the term narcissism and ego would come to mean the same thing--how a grandiose and demanding person is said to have an oversized ego. Nonetheless the ego not only theoretically survived--it is now recognized by scientists as the personality component that both keeps us alive and gives us a sense of self. Too big of an ego is not the problem--the problem is an ego that hasn't had the opportunity to mature. Individuals with mature egos have a healthy sense of self; they deal constructively with reality; they direct hostile energy into creative and positive outlets; and they relate to others in a consistent manner with mutual satisfaction and helpfulness. This involves a developmental issue that goes back to the very beginning of life. When parents who give their infants consistent loving care and engage in appropriate emotional responses provide the trusting base necessary for the ego to healthily grow. Parents who display emotional inconsistency along with neglect and abusiveness, produce offspring who lack self-esteem and cannot appropriately connect with others. Such individuals may act out in varying--and sometimes violent ways. Fortunately there is a remedy for this situation--Grow Up Your Ego: Ten Scientifically Validated Stages to Emotional and Spiritual Maturity. This book is complete with case examples and end-of-chapter exercises that help readers pinpoint their position within the ten stages; presents practical steps for reaching the next stage;...



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