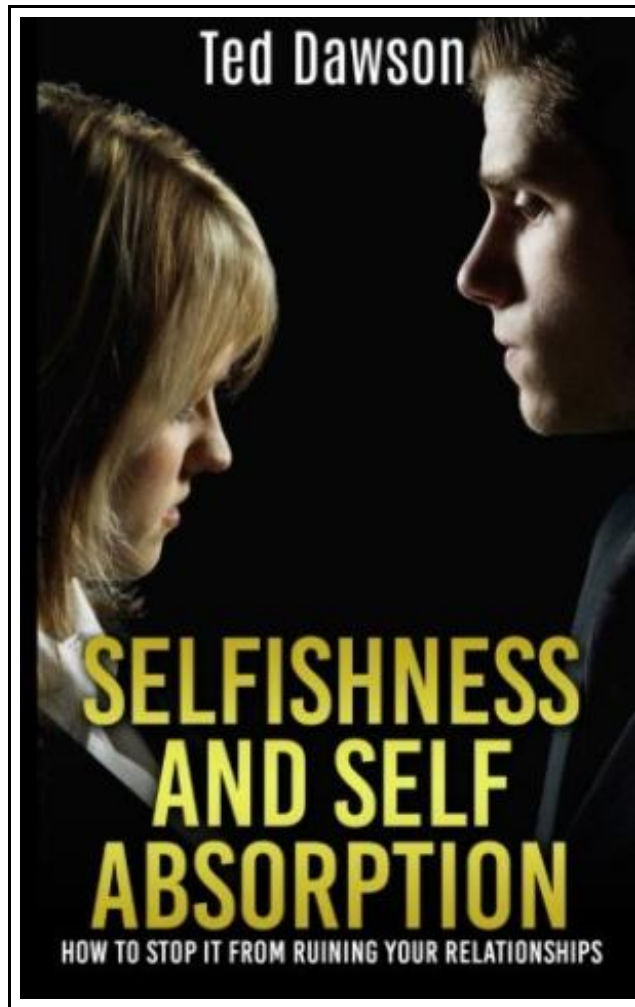


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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Selfishness and Self Absorption: How to Stop It from Ruining Your Relationships We all want our relationships to be successful. A great relationship is unlike anything else in life, and can contribute a lot to our wellbeing and happiness. Sadly, many of us struggle in maintaining healthy relationships. Very often, our own selfish patterns and behaviors are at the root of our inability to really reach our romantic potential. In this book, we will talk about how to overcome selfishness and realize more fulfilling relationships. We will talk about the root causes of selfish behavior, so we can better understand ourselves and so better ourselves. The three main causes of self-absorption that we will look at are: Biological: evolutionary causes, from Darwin s Origin of Species to Dawkin s Selfish Gene Psychological: how we think. Selfish, egotistical reasoning versus principled, ethical reasoning. We ll look at Kohlberg s moral development theory, and how you can use it to overcome your unconscious selfish instincts. Social: we ll take a look at how contemporary culture puts pressure on us to behave selfishly, and how we can change this and live more for others. We will go over specific techniques and practices that you can easily adopt into you every day life to overcome selfishness and learn how to love unselfishly and unconditionally. We ll talk about: How to develop mutually supportive relationships as partnerships. How to monitor yourself and check your selfish impulses to avoid unnecessary confrontation. How to learn how much space you take up, and strategies for stepping up or stepping back to create more equality and fairness in our relationships. The importance of giving without receiving. With...



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