Transcending self-interest - psychological explorations of the quiet ego

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Notes: Includes bibliographical references and indexes.

This edition was published in 2008



Filesize: 37.37 MB

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Quiet Ego (Heidi Wayment)

Heidi shares the simple steps we can take to quieten a noisy ego when needed, and how to avoid overplaying our quiet egos at work. Bosch and Isabel Alvarez Borland Jorge J.

Self

As whimsical as it may be, the imperious self abides by the rule of egoistic self-interest: there is logic to its madness, and to the way it interacts with our personality as a whole.

Transcending self

Thus, devoting oneself to oneself, properly understood, is the expression of a profound desire for radical ethical change; it must not be confused with a form of narcissistic self-absorption. He is the author of three books: Alibi; Their Word is Law: Bestselling Lawyer-Novelists Talk About Their Craft; and What if Holden Caulfield Went to Law School? How the ego quiets as it grows: Ego development, growth stories, and eudaimonic personality development. Journal of Happiness Studies, 16 4, 999—1033.

Doing and Being

Trait emotional intelligence and the cognitive appraisal of stressful events: An exploratory study.

APA Books E

The imperious self appears in finer resolution as we become more aware of the points of resistance. The role of trait emotional intelligence in a gender-specific model of organizational variables 1. Dispositional mindfulness and perceived stress: The role of emotional intelligence.

Jack Bauer: University of Dayton, Ohio

The Situational Test of Emotional Management — Brief STEM-B: Development and validation using item response theory and latent class analysis. This can only be achieved by probing the self in a way that is not very different from what goes on in any experimental research. Communication Methods and Measures, 14 1, 1—24.

▶ How dropping your ego brings out your best version

The business of the process of perfection is precisely to enable the self to grow by assimilating the indispensable characteristic psychological ingredients present in excess in human nature.

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