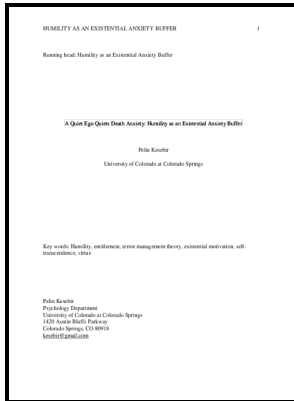


Transcending self-interest - psychological explorations of the quiet ego

American Psychological Association - Transcending self



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Mindfulness

He has served as associate editor of the Journal of Personality and Social Psychology and the Journal of Happiness Studies.

Jack Bauer : University of Dayton, Ohio

Meaning-making, self-determination theory, and the question of wisdom in personality.

Transcending self

Thus, ethical practice comes down to a continuous experiment with oneself, whose natural reward consists in the expansion of our mental field of perception, together with the satisfaction gained from an increased sense of understanding and self-mastery.

▷ How dropping your ego brings out your best version

Journal of Health and Social Behavior, 24 4 , 385—396. The quiet ego scale: Measuring the compassionate self-identity. From alpha to omega: A practical solution to the pervasive problem of internal consistency estimation.

Jack Bauer : University of Dayton, Ohio

Journal of Personality and Social Psychology, 44 1 , 113—126.

Doing and Being: Mindfulness, Health, and Quiet Ego Characteristics Among Buddhist Practitioners, Journal of Happiness Studies

Measuring individual differences in empathy: Evidence for a multidimensional approach.

Doing and Being: Mindfulness, Health, and Quiet Ego Characteristics Among Buddhist Practitioners, Journal of Happiness Studies

As Ostad Elahi explains through many concrete examples, the main problem remains that the imperious self is so shrewd and deceitful that most of its work goes unnoticed if we do not commit ourselves to fighting it actively, especially as its moves are accompanied with pseudo-justifications that make them seem innocuous or even ethically commendable.

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