

# Self

**Ginsberg**

*Self-Compassion* Dr. Kristin Neff, 2011-04-19 Kristin Neff, Ph.D., says that it's time to "stop beating yourself up and leave insecurity behind." *Self-Compassion: Stop Beating Yourself Up and Leave Insecurity Behind* offers expert advice on how to limit self-criticism and offset its negative effects, enabling you to achieve your highest potential and a more contented, fulfilled life. More and more, psychologists are turning away from an emphasis on self-esteem and moving toward self-compassion in the treatment of their patients—and Dr. Neff's extraordinary book offers exercises and action plans for dealing with every emotionally debilitating struggle, be it parenting, weight loss, or any of the numerous trials of everyday living.

**The Quantified Self** Deborah Lupton, 2016-09-07 With the advent of digital devices and software, self-tracking practices have gained new adherents and have spread into a wide array of social domains. The Quantified Self movement has emerged to promote 'self-knowledge through numbers'. In this groundbreaking book Deborah Lupton critically analyses the social, cultural and political dimensions of contemporary self-tracking and identifies the concepts of selfhood and human embodiment and the value of the data that underpin them. The book incorporates discussion of the consolations and frustrations of self-tracking, as well as about the proliferating ways in which people's personal data are now used beyond their private rationales. Lupton outlines how the information that is generated through self-tracking is taken up and repurposed for commercial, governmental, managerial and research purposes. In the relationship between personal data practices and big data politics, the implications of self-tracking are becoming ever more crucial.

Note to Self Connor Franta, 2017-04-18 In his New York Times bestselling memoir, *A Work in Progress*, Connor Franta shared his journey from small-town Midwestern boy to full-fledged Internet sensation. Exploring his past with humor and astounding insight,

Connor reminded his fans of why they first fell in love with him on YouTube—and revealed to newcomers how he relates to his millions of dedicated followers. Now, two years later, Connor is ready to bring to light a side of himself he's rarely shown on or off camera. In this diary-like look at his life since *A Work In Progress*, Connor talks about his battles with clinical depression, social anxiety, self-love, and acceptance; his desire to maintain an authentic self in a world that values shares and likes over true connections; his struggles with love and loss; and his renewed efforts to be in the moment—with others and himself. Told through short essays, letters to his past and future selves, poetry, and original photography, *Note to Self* is a raw, in-the-moment look at the fascinating interior life of a young creator turning inward in order to move forward.

**From Self to Self** Leo Hartong, 2005-09-18 A compilation of expressions, questions and answers that came about in response to Leo's highly praised first book *Awakening to the Dream*. Leo writes with characteristic insight and uses metaphor to illuminate the paradoxical and apparently confusing nature of non-dual reality. His original writing is reinforced by a vast knowledge of non-duality in other spiritual traditions and he weaves these together with his own direct path to present clear pointers to contemporary seekers. An appropriately chosen quotation taken from various sources appears at the end of each short chapter. Also included at the end of the book is the full text of the Hsin-hsin Ming by the third Chan patriarch Seng-ts'an. "The words in this book repeatedly point to the essence which knows the reading as it takes place. Rather than an encouragement to follow a lengthy path, it is an invitation to step off the path. It does not point to 'your' awareness, but to Awareness itself in which the idea of 'you' appears. It does not point to 'your' beingness, but to the undeniable Beingness that appears as you."

**Sources of the Self** Charles Taylor, 1989 Discusses contemporary notions of the self, and examines their origins,

development, and effects.

**Self** Barry Dainton, 2014-04-24 In the third in a new series of short, provoking books of original philosophy, acclaimed thinker Barry Dainton takes us through the nature of Self When you think 'What am I?', what's actually doing the thinking? Is it a soul, or some other kind of mental entity separate from your body, or are 'you' just a collection of nerve-endings and narratives? In the third in a new series of short, provoking books of original philosophy, acclaimed thinker Barry Dainton takes us through the nature of Self and its relation to the rest of reality. Starting his journey with Descartes' claim that we are non-physical beings (even if it seems otherwise), and Locke's view that a person is self-conscious matter (though not necessarily in human form), Dainton explores how today's rapid movement of people, and information affects our understanding of self. When technology re-configures our minds, will it remake us, or kill us? If teleportation becomes possible, would it be rational to use it? Could we achieve immortality by uploading ourselves into virtual worlds? Far-reaching and witty, *Self* is a spirited exploration of the idea that in a constantly-changing world, we and our bodies can go their separate ways.

*Self Psychology and Diagnostic Assessment* Marshall L. Silverstein, 1999 The self psychology of Heinz Kohut has been an important force in contemporary psychoanalytic thought and its ramifications for therapy have been extensively explored. Now, Marshall Silverstein offers the first analysis of the application of self psychology to projective diagnostic assessment. Differentiating the self psychological approach from an ego psychological interpretation of classical drive theory, he clearly outlines the principal contributions of Kohut, including the concepts of selfobject functions, empathy, transmuting internalization, and compensatory structure. Providing numerous clinical examples, he shows how the major selfobject functions of mirroring, idealization, and twinship can be identified on projective tests. Silverstein then demonstrates how conventional assessment

approaches to grandiosity, self-esteem, and idealization can be reconceptualized within the framework of self psychology, and he also contrasts ego psychological interpretations with self psychological interpretations. This book makes a strong case for the importance of the clinical identification of self states. It will help practitioners understand their patients' varied attempts to repair an injury to the self to restore self-esteem (compensatory structure) and the clinical consequences of self-disorders, including disintegration products such as narcissistic rage and affect states characterized by empty depression, chronic boredom, and lack of zest.

*Self Matters* Phil McGraw, 2003-05-06 Addresses the issues of self and self-esteem, demonstrating how to fully realize one's own power through a plan that explains how to overcome fear and fulfill personal potential.

**Your Awesome Self** Ginsberg, 2019-07

*Individual Self, Relational Self, Collective Self* Constantine Sedikides, Marilyn B. Brewer, 2001 This volume is a comprehensive collection of critical essays on *The Taming of the Shrew*, and includes extensive discussions of the play's various printed versions and its theatrical productions. Aspinall has included only those essays that offer the most influential and controversial arguments surrounding the play. The issues discussed include gender, authority, female autonomy and unruliness, courtship and marriage, language and speech, and performance and theatricality.

**The Self and Its Shadows** Stephen Mulhall, 2013-04-18 Stephen Mulhall presents a series of multiply interrelated essays which explore the idea of selfhood as a matter of non-self-identity: for example, as becoming or self-overcoming, or as being doubled or divided. He draws on Nietzsche, Sartre, and Wittgenstein, but also on works of opera, cinema, and fiction.

Power and the Self Jeannette Marie Mageo, 2002-01-24 This book, first published in 2002, analyses the ways in which power is

experienced by individuals as agents and objects.

**The Self** Jonathon Brown, 2014-06-03 Although social psychology has been traditionally focused on interpersonal relationships, the cognitive revolution in psychology has had the effect of refocusing some social psychology on intra-psychic processes. This area of psychology has become very popular in recent years, yet there is currently no other textbook available for the study of the self. Republished in its original form by Psychology Press in 2007, this book carefully documents the changing conceptions and the value accorded the self in psychology over time. It further outlines the many alternative conceptions of this increasingly central domain in social psychology. New research and conceptions are juxtaposed with the classic and traditional, providing the reader with a comprehensive introduction to the study of the self.

**My Self, Your Self** Esmé Shapiro, 2022-09-27 Follow along with lovable forest creatures as they discover what a self is and what makes each of us unique. Your self is the only self you have, and my self is not your self . . . but what is a self? Whatever it is, it's what makes you you! From the way you button your coat to the way you tap your toes, from the top of your head to your adorable tummy, there are so many reasons to love your self, and so many reasons to be loved. Join a group of endearing forest creatures as they bake and eat cranberry-butter-pie muffins, sing silly songs at bathtime and stop to smell the chestnut-nettle roses, all the while exploring their individuality. This joyously affirming picture book from the inimitable Esmé Shapiro encourages the youngest readers to get to know and love and be kind to their wonderful selves and the equally wonderful selves around them.

**Bring Your Whole Self To Work** Mike Robbins, 2018-05-01 In today's work environment, the lines between our professional and personal lives are blurred more than ever before. Whatever is happening to us outside of our workplace —whether stressful, painful, or joyful —follows us into work as well. We may think we

have to keep these realities under wraps and act as if we “have it all together.” But as Mike Robbins explains, we can work better, lead better, and be more engaged and fulfilled if —instead of trying to hide who we are —we show up fully and authentically. Mike, a sought-after motivational speaker and business consultant, has spent more than 15 years researching, writing, and speaking about essential human experiences and high performance in the workplace. His clients have ranged from Google to Citibank, from the U.S. Department of Labor to the San Francisco Giants. From small start-ups in Silicon Valley to family-owned businesses in the Midwest. From what he’s seen and studied over the years, Mike believes that for us to thrive professionally, we must be willing to bring our whole selves to the work that we do. Bringing our whole selves to work means acknowledging that we’re all vulnerable, imperfect human beings doing the best we can. It means having the courage to take risks, speak up, have compassion, ask for help, connect with others in a genuine way, and allow ourselves to be truly seen. In this book, Mike outlines five principles we can use to approach our own work in this spirit of openness and humanity, and to help the people we work with feel safe enough to do the same, so that the teams and organizations we’re a part of can truly succeed. “This book will offer you insights, ideas, and tools to inspire you to bring all of who you are to the work that you do —regardless of where you work, what kind of work you do, and with whom you do it. And, if you’re an owner, leader, or just someone who wants to have influence on those around you —this book will also give you specific techniques for how to build or enhance your team’s culture in such a way that encourages others to bring all of who they are to work.”

**Own Your Self** Kelly Brogan, M.D., 2022-01-11 New York Times best-selling author presents a radical alternative to psychotropic meds: discerning the meaning in your symptoms and your struggle as a way to reclaim your health and your self. For years, we've been telling ourselves that our difficult feelings-

sadness, rage, shame, intensity, worry-are somehow not okay. And, all too often, we've relied on the promise of pharmaceuticals to tamp them down. The fact is, though, that these feelings are a vital part of our experience. They are real. And those of us who feel them most strongly are the canaries in the coalmine-sensitive to things that are seriously wrong in the world today. In a book that's both provocative and promising, holistic psychiatrist Kelly Brogan, M.D., author of *A Mind of Your Own*, shows us that we don't have to medicate our mental, emotional, and physical pain away-that the best way out is through. She explodes the mistaken belief that our symptoms-from mood changes to irritability to fogginess and fatigue-are evidence that we are sick or broken. Then she charts a new path to get real, get well, and get free. The journey includes:

- Coming to a new appreciation of the meaning behind symptoms, and whether you are a canary in the coal mine
- Learning the 2 major risks of medication that most doctors are not trained to disclose
- Exploring the 5 reversible physical drivers of so-called mental illness
- Starting the process of radical physical healing with inclusive details of Dr. Brogan's history-making 30-day protocol
- Taking an emotional inventory of energy drains and toxic relationships
- Taking a deeper dive into the spiritual awakening and expansion that comes when you reclaim your real self from conventional medicine
- Identifying the most likely places you have given your power away
- Understanding what the science has to say about psychedelics as a tool for awakening
- Navigating health challenges with curiosity and the proper tools

Guidance, support, and many Travel Tips shared from the trenches! Our experiences, Dr. Brogan argues, aren't problems or pathologies; they reflect what we need to accept, acknowledge, and transform in order to truly become who we are. *Own Your Self* is a journey of healing, and also something more: a journey of coming home to ourselves.

*The Psychology of the Social Self* Tom R. Tyler, Roderick M. Kramer, Oliver P. John, 2014-04-04 Leading theoreticians and



researchers present current thinking about the role played by group memberships in people's sense of who they are and what they are worth. The chapters build on the assumption, developed out of social identity theory, that people create a social self that both defines them and shapes their attitudes and behaviors. The authors address new developments in the theoretical frameworks through which we understand the social self, recent research on the nature of the social self, and recent findings about the influence of social context upon the development and maintenance of the social self.

**Being No One** Thomas Metzinger, 2004-08-20 According to Thomas Metzinger, no such things as selves exist in the world: nobody ever had or was a self. All that exists are phenomenal selves, as they appear in conscious experience. The phenomenal self, however, is not a thing but an ongoing process; it is the content of a transparent self-model. In *Being No One*, Metzinger, a German philosopher, draws strongly on neuroscientific research to present a representationalist and functional analysis of what a consciously experienced first-person perspective actually is. Building a bridge between the humanities and the empirical sciences of the mind, he develops new conceptual toolkits and metaphors; uses case studies of unusual states of mind such as agnosia, neglect, blindsight, and hallucinations; and offers new sets of multilevel constraints for the concept of consciousness. Metzinger's central question is: How exactly does strong, consciously experienced subjectivity emerge out of objective events in the natural world? His epistemic goal is to determine whether conscious experience, in particular the experience of being someone that results from the emergence of a phenomenal self, can be analyzed on subpersonal levels of description. He also asks if and how our Cartesian intuitions that subjective experiences as such can never be reductively explained are themselves ultimately rooted in the deeper representational structure of our conscious minds.

**The Qualified Self** Lee Humphreys, 2018-04-20 How sharing the mundane details of daily life did not start with Facebook, Twitter, and YouTube but with pocket diaries, photo albums, and baby books. Social critiques argue that social media have made us narcissistic, that Facebook, Twitter, Instagram, and YouTube are all vehicles for me-promotion. In *The Qualified Self*, Lee Humphreys offers a different view. She shows that sharing the mundane details of our lives—what we ate for lunch, where we went on vacation, who dropped in for a visit—didn't begin with mobile devices and social media. People have used media to catalog and share their lives for several centuries. Pocket diaries, photo albums, and baby books are the predigital precursors of today's digital and mobile platforms for posting text and images. The ability to take selfies has not turned us into needy narcissists; it's part of a longer story about how people account for everyday life. Humphreys refers to diaries in which eighteenth-century daily life is documented with the brevity and precision of a tweet, and cites a nineteenth-century travel diary in which a young woman complains that her breakfast didn't agree with her. Diaries, Humphreys explains, were often written to be shared with family and friends. Pocket diaries were as mobile as smartphones, allowing the diarist to record life in real time. Humphreys calls this chronicling, in both digital and nondigital forms, media accounting. The sense of self that emerges from media accounting is not the purely statistics-driven “quantified self,” but the more well-rounded qualified self. We come to understand ourselves in a new way through the representations of ourselves that we create to be consumed.

**Transcending Self-interest** Heidi A. Wayment, Jack J. Bauer, 2008 For decades social scientists have observed that Americans are becoming more selfish, headstrong, and callous. Instead of lamenting a cultural slide toward narcissism, *Transcending Self-Interest: Psychological Explorations of the Quiet Ego* provides a constructive framework for understanding--and

conducting research on--both the problems of egocentrism and the ways of transcending it. Heidi A. Wayment and Jack J. Bauer have assembled a group of contributors who are helping to reshape how the field of psychology defines the self in the 21st century. In the spirit of positive psychology, these authors call us to move beyond individualistic and pathological notions of self versus other. Their theories and research suggest two paths to this transcendence: (a) balancing the needs of self and others in one's everyday life and (b) developing compassion, nondefensive self-awareness, and interdependent self-identity. At the end of these converging paths lies a quiet ego--an ego less concerned with self-promotion than with the flourishing of both the self and others. Readers will find in this volume inspiration not only for future work in psychology but also for their own efforts toward personal development--Jacket. (PsycINFO Database Record (c) 2008 APA, all rights reserved).

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