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E-Go - Ego Distancing Through Mindfulness, Emotional Intelligence and the Language of Love (Paperback)

By Taite Adams

Rapid Response Press, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Who are you? How do you define your place in this world? Do you often feel at odds with those about you? There are many misconceptions about ego. Some tie an over-reaching ego to success, arrogance, self-esteem and other behaviors. Is it that simple? Ego is really the sum of the false ideas that we have about self. These beliefs are formed early in life, reside in the subconscious and have an incredibly strong influence on our thoughts, actions and emotions. When ego ideas rule your life, you are prevented from both seeing and living up to your true nature. E-Go can best be described as an enlightening and enriching look at how ego creates barriers in our lives and the most effective methods for ego distancing so that you can become your true self. Taite Adams explores ego not as something that you simply wish away, but rather a definition of self that should be re-examined and re-directed where necessary. Part I examines the essentials of ego, offering several definitions of ego and connecting those to our thought patterns...



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