

The Ego And Its Own Max Stirner

Marková offers a dialogical perspective to problems in daily life and professional practices involving communication, care, and therapy.

Humanism and Realism, the Egoist way. A classic essay from Stirner.

Fear and Primordial Trust explores fear as an existential phenomenon and how it can be overcome. Illustrated by clinical examples from the author’s practice as a psychotherapist and spiritual caregiver working with the severely ill and dying, the book outline theoretical insights into how primordial trust and archaic fear unconsciously shape our personality and behaviour. This book discusses in detail how in our everyday world, we lack primordial trust. Nevertheless, all of us have internalized it: as experiences of another non-dual world, of being unconditionally accepted, then sheltered and nurtured. The book outlines how from a spiritual viewpoint, we come from the non-dual world and experience a transition by becoming an ego, thereby experiencing archaic fear. This book explains fear in terms of two challenges encountered in this transition: firstly, leaving the non-world world when everything changes and we feel forlorn. Secondly, on awakening in the ego when we feel dependent and overwhelmed by otherness. The book also helps readers to understand trust as the emotional and spiritual foundation of the human soul, as well as how fear shapes us and how it can be outgrown. The book makes the case that understanding fear and primordial trust improves care and helps us to better understand dying. It will be of interest to academics, scholars and students in the fields of psychiatry, counselling, psychotherapy and palliative care and to all those interested in understanding fear, trust and the healing potential of spiritual experiences.

Despite its obvious advantages, our ability to be self-reflective comes at a high price. Few people realize how profoundly their lives are affected by self-reflection or how frequently inner chatter interferes with their success, pollutes their relationships with others, and undermines their happiness. By allowing people to ruminate about the past or imagine what might happen in the future, self-reflection conjures up a great deal of personal suffering in the form of depression, anxiety, anger, jealousy, and other negative emotions. A great deal of unhappiness, in the form of addictions, overeating, and domestic violence, is due to people’s inability to exert control over their thoughts and behavior. Is it possible to direct our self-reflection in a way that will minimize the disadvantages and maximize the advantages? Is there a way to affect the egotistical self through self-reflection? In this volume, Mark Leary explores the personal and social problems that are created by the capacity for self-reflection, and by drawing upon psychology and other behavioral sciences, offers insights into how these problems can be minimized.

All Things are Nothing to Me

The Unique Philosophy of Max Stirner

Requiem for the Ego

The E-Word

Awakening to Your Life's Purpose

The Ego And His Own

The contrast between Individual Psychology and Social or Group Psychology, which at a first glance may seem to be full of significance, loses a great deal of its sharpness when it is examined more closely. It is true that Individual Psychology is concerned with the individual man and explores the paths by which he seeks to find satisfaction for his instincts; but only rarely and under certain exceptional conditions is Individual Psychology in a position to disregard the relations of this individual to others. In the individual's mental life someone else is invariably involved, as a model, as an object, as a helper, as an opponent, and so from the very first Individual Psychology is at the same time Social Psychology as well
Nin this extended but entirely justifiable sense of the words. The relations of an individual to his parents and to his brothers and sisters, to the object of his love, and to his physician
Nin fact all the relations which have hitherto been the chief subject of psycho-analytic research
Nmay claim to be considered as social phenomena; and in this respect they may be contrasted with certain other processes, described by us as 'narcissistic', in which the satisfaction of the instincts is partially or totally withdrawn from the influence of other people. The contrast between social and narcissistic
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leuler would perhaps call them 'autistic'
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mental acts therefore falls wholly within the domain of Individual Psychology, and is not well calculated to differentiate it from a Social or Group Psychology.

Learn to let go of the illusions of the ego and discover the real you with this collection of inspiring quotes on the ego, mind, and spiritual enlightenment from human-consciousness expert Dr. David R. Hawkins. Are you willing to let go of seeing yourself as the ego believes you to be? Are you willing to go further, to know that the ego itself is an illusion? In this book, select teachings from Dr. David R. Hawkins's extensive body of work will guide you in the process of realization, surrender, and transformation. When we let go of the old ways of thinking, our attachments, and the false promises of the ego, we discover the truth that we are one with All. Features classic passages, including:

- It is not really necessary to subdue the ego, but merely to stop identifying with it.
- Every life experience, no matter how “tragic,” contains a hidden lesson. When we discover and acknowledge the hidden gift that is there, a healing takes place.
- Enlightenment is not a condition to be obtained; it is merely a certainty to be surrendered to, for the Self is already one's Reality. It is the Self that is attracting one to spiritual information.
- To be enlightened merely means that consciousness has realized its most inner, innate quality as nonlinear subjectivity and its capacity for awareness.
- The only energy that has more power than the strength of the collective ego is that of Spiritual Truth. “This book is small in size, but it can have a massive impact on your life. It will take you through the process of a total transformation of consciousness—if you choose to apply its teachings deeply within yourself.” — From the Introduction by Fran Grace, Ph.D.

The Ego And Its Hyperstate is a unified theory of psychological and ethical egoism which posits self-interest. The dialectical dream theory sets its sights against capitalist notions of the self-interest contra the other, not simply with moralism, but with a more accurate analysis of the subject of self-interest than has been provided by capitalists and anarchist theorists alike. Through the lens of psychoanalysis and Hegelian dialectical logic, the process of self-interest as the ground of all human existence reveals itself. Eliot Rosenstock has a symptom he wants you to know about: he wants you to know how the nature of self-interest strikes through the notions of pure duty and state worship, he wants to bring in psychoanlysis and redeem dialectics in its power to reveal the universe rather than be a simple rhetorical tool, and he wants to reveal to you how the material conditions of the world, as well as psychological processes of mankind, work together to bring about all that is brought into the universe by humanity.

The traditional leadership styles of the past are underperforming in a world of continuous transformation. Those that recognise this and learn how to lead beyond their ego will become emotionally intelligent and ethical leaders who are able to build strong, collaborative relationships, and create a caring, sustainable and performance enhancing environment. This new book is rooted in the experience of senior managers and the latest discoveries in neuroscience. It gives you the tools to overcome the challenges faced by new organisational and commercial structures, technological developments, increased diversity and rapid globalisation and succeed. An essential read for current and aspiring organisational leaders, HR professionals, executive coaches and mentors, Leading Beyond the Ego is a vital point of reference for anyone in a leadership position and who wants to embrace this new world and Transpersonal Leadership.

Group Psychology and the Analysis of the Ego

Toward a Unified Psychoanalytic Theory

The Ego and the Flesh

The Power of Ego

Freud and the Origins of Postmodernism

The Case of The Individual Against Authority

"An excellent and entertaining look at the issues, challenges, and resolutions that come with the territory of awakening." —Gary Renard, bestselling author of The Disappearance of the Universe trilogy
A book of liberation and ecstasy. The E-Word lucidly explains how the ego is created, how it thinks, and how its limited mind-set can be expanded—not inflated—into a joyous transpersonal perspective that eradicates feelings of isolation, fear, and insecurity in your life. Through stories, practices, and a masterful detangling of Maslow’s hierarchy of needs, the Matrix, and quantum physics, The E-Word strips the ego bare and liberates the soul in highly entertaining, reliable ways, revealing how even self-improvement techniques can chase away the very fulfillment and wisdom we seek. Montana further reveals how the ego co-opts spirituality, dangling enlightenment in front of us as a prize. Stuffed with electrifying insights and transformative meditations and exercises, The E-Word is the ultimate how-to guide for discovering the “real you” within.

The book consists of three essays and is an extension of Freud’s work on psychoanalytic theory as a means of generating hypotheses about historical events. Freud hypothesizes that Moses was not Hebrew, but actually born into Ancient Egyptian nobility and was probably a follower of Akhenaten, an ancient Egyptian monotheist. Freud contradicts the biblical story of Moses with his own retelling of events, claiming that Moses only led his close followers into freedom during an unstable period in Egyptian history after Akhenaten (ca. 1350 BCE) and that they subsequently killed Moses in rebellion and later combined with another monotheistic tribe in Midian based on a volcanic God, Jahweh. Freud explains that years after the murder of Moses, the rebels regretted their action, thus forming the concept of the Messiah as a hope for the return of Moses as the Saviour of the Israelites. Freud said that the guilt from the murder of Moses is inherited through the generations; this guilt then drives the Jews to religion to make them feel better.

The 10th anniversary edition of A New Earth with a new preface by Eckhart Tolle. With his bestselling spiritual guide The Power of Now, Eckhart Tolle inspired millions of readers to discover the freedom and joy of a life lived “in the now.” In A New Earth, Tolle expands on these powerful ideas to show how transcending our ego-based state of consciousness is not only essential to personal happiness, but also the key to ending conflict and suffering throughout the world. Tolle describes how our attachment to the ego creates the dysfunction that leads to anger, jealousy, and unhappiness, and shows readers how to awaken to a new state of consciousness and follow the path to a truly fulfilling existence. Illuminating, enlightening, and uplifting, A New Earth is a profoundly spiritual manifesto for a better way of life—and for building a better world.

This book teaches the difference between ego and self-esteem and gives people the tools they need to raise their self-esteem and get rid of their ego.

Freud: A Very Short Introduction

Foundation in a Revised and Expanded Ego Psychology

Art and Religion

The Ego Tunnel

Common Sense and Ethics

The Structure of the Ego in Psychoanalysis

This book aims to integrate different psychoanalytic schools and relevant research findings into an integrated psychoanalytic theory of the mind. A main claim explored here, is that a revised and expanded ego psychology constitutes the strongest foundation not only for a unified psychoanalytic theory, but also for the integration of relevant research findings from other disciplines. Sophisticated yet accessible, the book includes a description of the basic tenets of ego psychology and necessary correctives and revisions. It also discusses research and theory on interpersonal understanding, capacity for inhibition, defense, delay of gratification, autonomous ego aims and motives, affect regulation, the nature of psychopathology; and the implications of a revised and expanded ego psychology for approaches to treatment. The book will appeal to readers who are interested in psychoanalysis, the nature of the mind, the nature of psychopathology, and the implications of theoretical formulations and research findings for approaches to treatment. As such, it will also be of great value on graduate and training courses for psychoanalysis.

The Ego and its Own (1845) is striking in both style and content, attacking Feuerbach, Moses Hess and others to sound the death-knell of Left Hegelianism. The work also constitutes an enduring critique of liberalism and socialism from the perspective of an extreme eccentric individualism. Stirner has latterly been portrayed variously as a forerunner of existentialism, an individualist anarchist, and as manifestly insane.

You don't really need a description, but I'm required to give one since I have to have an at least 200 character description to submit the book, so here is 200 characters, once I reach those 200 characters. Still haven't reached 200 words, watching the counter go down as I type here. If you come across Max Stirner before, you don't need a description here, if you haven't come across Stirner before, here's your description:

"Presents English translations of Max Stirner's published responses to the major critics of his best known work, Der Einzige und sein Eigenthum ("The unique and its property"), including responses to Moses Hess, Ludwig Feuerbach, Szeliga in "Recensenten Stirner's" (Stirner's critics) and to Kuno Fischer in "Die Philosophischen Reaktionere" (The philosophical reactionaries)."--verso of title page.

Self-awareness, Egotism, and the Quality of Human Life

The Genealogy of Violence

Becoming Your Own Best Friend

The Ego And Its Hyperstate

The Philosophy of Anarchy

From Becoming an Ego to Becoming Whole

Sigmund Freud (1856-1939) revolutionized the way in which we think about ourselves. From its beginnings as a theory of neurosis, Freud developed psycho-analysis into a general psychology which became widely accepted as the predominant mode of discussing personality and interpersonal relationships. ABOUT THE SERIES: The Very Short Introductions series from Oxford University Press contains hundreds of titles in almost every subject area. These pocket-sized books are the perfect way to get ahead in a new subject quickly. Our expert authors combine facts, analysis, perspective, new ideas, and enthusiasm to make interesting and challenging topics highly readable.

Originally published in 1870, this essay by the American anarchist and political philosopher Lysander Spooner is here reproduced. Described by Murray Rothbard as “the greatest case for anarchist political philosophy ever written”, Spooner’s lengthy essay is still referenced by anarchists and philosophers today. In it, he argues that the American Civil War violated the US Constitution, thus rendering it null and void. An indispensable read for political historians both amateur and professional alike. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce and increasingly expensive. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

Max Stirner's The Unique and Its Property (1844) is the first ruthless critique of modern society. In All Things are Nothing to Me, Jacob Blumenfeld reconstructs the unique philosophy of Max Stirner (1806–1856), a figure that strongly influenced—for better or worse—Karl Marx, Friedrich Nietzsche, Emma Goldman as well as numerous anarchists, feminists, surrealists, illegalists, existentialists, fascists, libertarians, dadaists, situationists, insurrectionists and nihilists of the last two centuries. Misunderstood, dismissed, and defamed, Stirner's work is considered by some to be the worst book ever written. It combines the worst elements of philosophy, politics, history, psychology, and morality, and ties it all together with simple tautologies, fancy rhetoric, and militant declarations. That is the glory of Max Stirner's unique footprint in the history of philosophy. Jacob Blumenfeld wanted to exhume this dead tome along with its dead philosopher, but discovered instead that, rather than deceased, their spirits are alive and quite well, floating in our presence. All Things are Nothing to Me is a forensic investigation into how Stirner has stayed alive throughout time.

Max Stirner's The Ego and Its Own is striking and distinctive in both style and content. First published in 1844, Stirner's distinctive and powerful polemic sounded the death-knell of left Hegelianism, with its attack on Ludwig Feuerbach, Bruno and Edgar Bauer, Moses Hess and others. It also constitutes an enduring critique of both liberalism and socialism from the perspective of an extreme eccentric individualism. Karl Marx was only one of many contemporaries provoked into a lengthy rebuttal of Stirner's argument. Stirner has been portrayed, variously, as a precursor of Nietzsche (both stylistically and substantively), a forerunner of existentialism and as an individualist anarchist. A new paperback version from Active Distribution.

Stirner's Critics

The Ego Cleanse

Ego Is the Enemy

A Psychoanalytically Informed Dialectical Analysis of Self-Interest

Moses and Monotheism

No Treason

The Ego and Its Own is an 1844 work by Max Stirner. It presents a radically nominalist and individualist critique of, on the one hand, Christianity, nationalism and traditional morality, and on the other, humanism, utilitarianism, liberalism and much of the then-current movement, advocating instead an amoral (although importantly not inherently immoral or antisocial) egoism. Ego emphasizes oneness as self-description, past fixed conceptions of the Self and Other, through the recognition of power relations and self-discovery. Kaspar Schmidt (1806-1856), also known as Max Stirner, was a German philosopher who is often considered as one of the pioneers in anarchism, nihilism, existentialism, and postmodernism, and one of the many people who Karl Marx wrote an entire book to criticize denounce.

A new edition of Max Stirner’s classic study of the philosophy of anarchism. A contemporary of Marx and Engels, yet expressing a completely opposite view to them, Stirner here reveals the roots of society in disorder, and its destination - as Anarchism.

Max Stirner’s The Ego and Its Own is striking and distinctive in both style and content. First published in 1844, Stirner’s distinctive and powerful polemic sounded the death-knell of left Hegelianism, with its attack on Ludwig Feuerbach, Bruno and Edgar Bauer and others. It also constitutes an enduring critique of both liberalism and socialism from the perspective of an extreme eccentric individualism. Karl Marx was only one of many contemporaries provoked into a lengthy rebuttal of Stirner’s argument. Stirner has been portrayed, variously, as a precursor of Nietzsche (both stylistically and substantively), a forerunner of existentialism and as an individualist anarchist. This edition of his work comprises a revised version of Steven Byington’s much praised translation, together with an introduction on the historical background to Stirner’s text.

"The Ego and His Own" by Max Stirner (translated by Steven T. Byington). Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgottenor yet undiscovered gemsof world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to our readers in a high-quality digital format.

Master Your Life!

Reflections on Creation, Freedom, and Evil

A Masterpiece on Western Philosophy

Stirner: The Ego and Its Own

The Ego Is Not the Real You

The Ego and Its Own

This book criticizes theories, dominant today, that reduce the self to a simple illusion, proposing a new theory of the ego that allows us to better understand our existence and our relations with others.

The Ego and His Own, the seminal defence of individualism, coloured the thinking of Friedrich Nietzsche, Max Ernst, Henrik Ibsen and Victor Serge, among many others, some of whom would vigorously deny any such influence in later years. Less reticent was Marcel Duchamp, who described Max Stirner as the philosopher most important to his work. Challenging the religious, philosophical and political constraints on personal freedom, Stirner criticizes all doctrines and beliefs that place the interests of God, the state, humanity or society over those of the individual. Anticipating the later work of nihilists, existentialists, and anarchists, The Ego and His Own upholds personal autonomy against all that might oppose it.

This book is about the individual's journey to psychological wholeness, known in analytical psychology as the process of individuation. Edward Edinger traces the stages in this process and relates them to the search for meaning through encounters with symbolism in religion, myth, dreams, and art. For contemporary men and women, Edinger believes, the encounter with the self is equivalent to the discovery of God. The result of the dialogue between the ego and the archetypal image of God is an experience that dramatically changes the individual's worldview and makes possible a new and more meaningful way of life.

Various historians, philosophers, and social scientists have attempted to provide convincing explanations of the roots of violence, with mixed and confusing results. This book brings Kierkegaard's voice into this conversation in a powerful way, arguing that the Christian intellectual tradition offers the key philosophical tools needed for comprehending human pathology.

Leading Beyond the Ego

The Science of the Mind and the Myth of the Self

The Wisdom of the Ego

Ego, Enlightenment & Other Essentials

The Antonio Gramsci Reader

The Dialogical Mind

The instant Wall Street Journal, USA Today, and international bestseller “While the history books are filled with tales of obsessive visionary geniuses who remade the world in their image with sheer, almost irrational force, I’ve found that history is also made by individuals who fought their egos at every turn, who eschewed the spotlight, and who put their higher goals above their desire for recognition.”—from the prologue
Many of us insist the main impediment to a full, successful life is the outside world. In fact, the most common enemy lies within: our ego. Early in our careers, it impedes learning and the cultivation of talent. With success, it can blind us to our faults and sow future problems. In failure, it magnifies each blow and makes recovery more difficult. At every stage, ego holds us back. Ego Is the Enemy draws on a vast array of stories and

examples, from literature to philosophy to history. We meet fascinating figures such as George Marshall, Jackie Robinson, Katharine Graham, Bill Belichick, and Eleanor Roosevelt, who all reached the highest levels of power and success by conquering their own egos. Their strategies and tactics can be ours as well. In an era that glorifies social media, reality TV, and other forms of shameless self-promotion, the battle against ego must be fought on many fronts. Armed with the lessons in this book, as Holiday writes, “you will be less invested in the story you tell about your own specialness, and as a result, you will be liberated to accomplish the world-changing work you’ve set out to achieve.”

Rémi Meyer’s childhood was fraught with mental and emotional abuse before escaping from his parents at the age of 17 and beginning his process of recovery and transformation. 20 years later it led to the writing of his opus, *The Power of Ego* to share what he has learned with millions of people and to bridge information to understand the psyche, which leads to fulfillment, forgiveness, freedom, happiness, and self-love. Numerous cognitive neuroscience studies have found that 95% of our cognitive activities (emotions, decisions, behavior, and actions) are beyond our conscious mind. Therefore, experiences of life dramas (pain and suffering) are always acted upon unconsciously and directed by the ego. They are triggered by our repressed emotions, traumas, memories, life instincts, feelings, and desires; most likely formed in our childhood. However, they remain hidden in the unconscious mind, which then constitute a reservoir of explosive charges that the ego uses to sprout and manifest themselves in our daily lives. I wish I could tell that you will be able to live a life without challenges, but I cannot promise that as being alive is to encounter life challenges. But what I can promise is being increasingly self-aware can greatly enrich our life experiences. Therefore, to accomplish the grand task of self-awareness and revealing your own psyche (personality, character, ego, unconscious, etc.) requires dedication. It is similar to exercise at the gym, the more you do it, the stronger and bigger your muscles develop. The *Power of Ego* details, like never before, the different components of the most complex cosmic wonder: the psyche and its ego. The *Power of Ego* explores the diverse facets of the psyche and their impact on our lives, through the lenses of psychology, psychoanalysis, philosophy, sociology, anthropology, biology, and metaphysics. This book details a piercing perspective about the essence of this reality and the purpose of our ego in a way that will inhabit your soul long after you have put down this book. As Carl Jung said, “The world will ask you who you are, and if you do not know, the world will tell you.”

Requiem for the Ego recounts Freud’s last great attempt to ‘save’ the autonomy of the ego, which drew philosophical criticism from the most prominent philosophers of the period—Adorno, Heidegger, and Wittgenstein. Despite their divergent orientations, each contested the ego’s capacity to represent mental states through word and symbol to an agent surveying its own cognizance. By discarding the subject-object divide as a model of the mind, they dethroned Freud’s depiction of the ego as a conceit of a misleading self-consciousness and a faulty metaphysics. Freud’s inquisitors, while employing divergent arguments, found unacknowledged consensus in identifying the core philosophical challenges of defining agency and describing subjectivity. In Requiem, Tauber uniquely synthesizes these philosophical attacks against psychoanalysis and, more generally, provides a kaleidoscopic portrait of the major developments in mid-20th century philosophy that prepared the conceptual grounding for postmodernism.

I would like to thank Judy Gammelgaard and Andrew Moskowitz for their encouragement, critique, and confidence in me, without which I could not have undertaken the present study. I also wish to thank Jon Frederickson for his generous editorial suggestions, and for his writings, which stimulated my interest in the ego in the first place. Last but not least, I want to thank my friend Joachim Meier for our tireless discussions on subjectivity—a continual source of vitality and inspiration during the years of this book’s conception.

Ego and Archetype

Fear and Primordial Trust

An Introduction to Egoanalysis

The Ego and His Own

The Case Of The Individual Against Authority

How to Become a Transpersonal Leader

Claimed repeatedly to be the most radical book ever written, The Ego And Its Own throws down a challenge to thousands of years of religious, philosophical and political depreciation of the individual. Criticising all doctrines and beliefs that demand the interests of the individual be subordinated to those of God, state, humanity, society, or some other fiction, Stirner declared war on all creeds that threatened individuality. In doing so, he championed a form of amoral egoism which still provokes cries of horror from moralists of right and left, religious and secular. The classic, from one of the founding fathers of anarchist thought, and a passionate defence of the individual against all forms of authority.

The Ego and Its Own is an 1844 work by German philosopher Max Stirner. It presents a radically nominalist and individualist critique of, on the one hand, Christianity, nationalism and traditional morality, and on the other, humanism, utilitarianism, liberalism and much of the then-burgeoning socialist movement, advocating instead an amoral (although importantly not inherently immoral or antisocial) egoism. Stirner believed that there was no objective social reality independent of the individual; social classes, the state, the masses, and humanity are abstractions and therefore need not be considered seriously. He wrote of a finite, empirical ego, which he saw as the motive force of every human action. Writing chiefly for working-class readers, he taught that all persons are capable of the self-awareness that would make them “egoists,” or true individuals. Max Stirner in his book The Ego and His Own (1845) recommended, instead of social reform, a ruthless individualism that should seek satisfaction by any means and at whatever risk. A small group of other individualists.

We’re used to thinking about the self as an independent entity, something that we either have or are. In The Ego Tunnel, philosopher Thomas Metzinger claims otherwise: No such thing as a self exists. The conscious self is the content of a model created by our brain - an internal image, but one we cannot experience as an image. Everything we experience is “a virtual self in a virtual reality.” But if the self is not “real,” why and how did it evolve? How does the brain construct it? Do we still have souls, free will, personal autonomy, or moral accountability? In a time when the science of cognition is becoming as controversial as evolution, The Ego Tunnel provides a stunningly original take on the mystery of the mind.

The Ego and Its Own (German: Der Einzige und sein Eigentum; meaningfully translated as The Individual and his Property, literally as The Unique and His Property) is an 1844 work by German philosopher Max Stirner. It presents a post-Hegelian critique of Christianity and traditional morality on one hand; and on the other, humanism, utilitarianism, liberalism, and much of the then-burgeoning socialist movement, advocating instead an amoral (although importantly not inherently immoral or antisocial) egoism. It is considered a major influence on the development of anarchism, existentialism, nihilism, and postmodernism.

The Ego and the Id

A New Earth

Wisdom to Transcend the Mind and Realize the Self

Faces of the Freudian I

The Curse of the Self

Selected Writings, 1916-1935

One of America’s preeminent psychiatrists draws on his famous Study of Adult Development to give us an exhilarating look at how the mind’s defenses work. What we see as the mind’s trickery, George Vaillant tells us, is actually healthy. What’s more, it can reveal the mind at its most creative and mature, soothing and protecting us in the face of unbearable reality, managing the unmanageable, ordering disorder. And because creativity is so intrinsic to this alchemy of the ego, Vaillant mingles his studies of obscure lives with psychobiographies of famous artists and others—including Florence Nightingale, Sylvia Plath, Anna Freud, and Eugene O’Neill.

One of Sigmund Freud’s most insightful works on the topic of the subconscious, this ground-breaking volume explores the complicated interactions of three elements of the psyche: id, ego, and superego.

The False Principle of Our Education: Or, Humanism and Realism

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The Philosophy of Egoism