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The Upstart Spring

ESALEN AND THE HUMAN POTENTIAL
MOVEMENT: THE FIRST TWENTY YEARS



BY WALTER TRUETT ANDERSON

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William Shakespeare



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Selfie Will Storr, 2019-04-02 An intriguing odyssey though the history of the self and the rise of narcissism The New York Times Self absorption perfectionism personal branding it wasn t always like this but it s always been a part of us Why is the urge to look at ourselves so powerful Is there any way to break its spell especially since it doesn t necessarily make us better or happier people Full of unexpected connections among history psychology economics neuroscience and more Selfie is a terrific book that makes sense of who we have become NPR s On Point Award winning journalist Will Storr takes us from ancient Greece through the Christian Middle Ages to the self esteem evangelists of 1980s California the rise of the selfie generation and the era of hyper individualism in which we live now telling the epic tale of the person we all know so intimately because it s us It s easy to look at Instagram and selfie sticks and shake our heads at millennial narcissism But Will Storr takes a longer view He ignores the easy targets and instead tells the amazing 2 500 year story of how we ve come to think about our selves A top notch journalist historian essayist and sleuth Storr has written an

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