

# Transcending Self-Interest

PSYCHOLOGICAL EXPLORATIONS  
OF THE QUIET EGO



*Edited by*  
Heidi A. Wayment and Jack J. Bauer

# Transcending Self Interest Psychological Explorations Of The Quiet Ego

**Leonard Reinecke, Mary Beth Oliver**



## **Transcending Self Interest Psychological Explorations Of The Quiet Ego:**

*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 *The Oxford Handbook of Hypo-egoic Phenomena* Kirk Warren Brown, Mark R. Leary, 2017 Egoicism a mindset that places primary focus upon oneself is rampant in contemporary Western cultures as commercial advertisements popular books song lyrics and mobile apps consistently promote self interest Consequently researchers have begun to address the psychological interpersonal and broader societal costs of excessive egoicism and to investigate alternatives to a me and mine first mindset For centuries scholars spiritual leaders and social activists have advocated a hypo egoic way of being that is characterized by less self concern in favor of a more inclusive we first mode of functioning In recent years investigations of hypo egoic functioning have been examined by psychologists cognitive scientists neuroscientists and philosophers Edited by Kirk Warren Brown and Mark R Leary *The Oxford Handbook of Hypo egoic Phenomena* brings together an expert group of contributors to examine these groundbreaking lines of inquiry distilling current knowledge about hypo egoicism into an exceptional resource In this volume readers will find theoretical perspectives from philosophy and several major branches of psychology to inform our understanding of the nature of hypo egoicism and its expressions in various domains of life Further readers will encounter psychological research discoveries about particular phenomena in which hypo egoicism is a prominent feature demonstrating its implications for well being regulation of emotion adaptive decision making positive social relations and other markers of human happiness well being and health This Handbook offers the most comprehensive and thoughtful analyses of hypo egoicism to date [Animal Communication Made Easy](#) Pea Horsley, 2018-09-18 Your step by step guide to forming a deeper connection with animals Do you love animals but wish you could understand what they re trying to tell you Do some of their behaviours leave you baffled In this book world renowned animal communicator Pea Horsley teaches you the essentials of animal communication to enable you to communicate intuitively with the animals you love Pea leads you

through grounding preparation processes to calm your body and release your mind and then her effective five step Heart to Heart method to create a deep spiritual connection with your animal Deep relaxation Clearing the mind Body sweep Grounding Opening the heart Drawing on her many years of experience teaching people to communicate with both wild and domesticated creatures Pea s unique blend of exercises affirmations and meditations will empower you to connect with all living beings Communicating with animals is fun profound and healing It s the best thing you can do for both yourself and your animals and will transform how you experience life

The Routledge Handbook of Media Use and Well-Being Leonard Reinecke, Mary Beth Oliver, 2016-06-23 The Routledge Handbook of Media Use and Well Being serves as the first international review of the current state of this fast developing area of research The volume provides a multifaceted perspective on the beneficial as well as the detrimental effects of media exposure on psychological health and well being As a first mover it will define the field of media use and well being and provide an essential resource for research and teaching in this area The volume is structured along four central considerations Processes presents concepts that provide a theoretical bridge between media use and well being such as psychological need satisfaction recovery from stress and strain self presentation and self enhancement or parasocial interactions with media characters providing a comprehensive understanding of the underlying processes that drive psychological health and well being through media Moderators examines both risk factors that promote negative effects on well being and protective factors that foster positive media effects Contexts bridges the gap between theory and real life by illustrating how media use can influence well being and satisfaction in very different life domains covering the full spectrum of everyday life by addressing the public private and work spheres Audiences takes a look at the influence of life phases and life situations on the interplay of media use and well being questioning whether various user groups differ with regard to the effects of media exposure Bringing together the expertise of outstanding international scholars from multiple disciplines including communication media psychology social psychology clinical psychology and media education this handbook sheds new light on the role of media in influencing and affecting emotions

*The Transformative Self* Jack J. Bauer, 2021 The Transformative Self explains how people create a self identity in their life stories to cultivate personal growth and the good life Combining scientific research in psychology with work in philosophy literature history and more this book shows how personal and cultural narratives shape the development of happiness love and wisdom

*Handbook of the Psychology of Religion and Spirituality, Second Edition* Raymond F. Paloutzian, Crystal L. Park, 2013-05-21 Widely regarded as the definitive reference this volume comprehensively examines the psychological processes associated with religion and spirituality Leading scholars from multiple psychological subdisciplines present developmental cognitive social psychological cultural and clinical perspectives on this core aspect of human experience The forms and functions of religious practices and rituals conversion experiences and spiritual struggles are explored Other key topics include religion as a meaning system religious influences on prosocial and antisocial behavior and

connections to health coping and psychotherapy New to This Edition Two chapters on cross cultural issues Chapters on spiritual goals emotional values and mindfulness Reflects significant theoretical and empirical developments in the field Many new authors and extensively revised chapters Robust index amplifies the volume's usefulness as a reference tool

**The Happy Mind: Cognitive Contributions to Well-Being** Michael D. Robinson, Michael Eid, 2017-06-28 This edited volume focuses on different views of happiness and well being considering constructs like meaning and spirituality in addition to the more standard constructs of positive emotion and life satisfaction A premise of the volume is that being happy consists of more than having the right things happen to us it also depends on how we interpret those events as well as what we are trying to achieve Such considerations suggest that cognitive emotional factors should play a fairly pronounced role in how happy we are The present volume pursues these themes in the context of 25 chapters organized into 5 sections The first section centers on cognitive variables such as attention and executive function in addition to mindfulness The second section considers important sources of positive cognition such as savoring and optimism and the third section focuses on self regulatory contributions to well being Finally social processes are covered in a fourth section and meaning related processes are covered in the fifth What results is a rich and diverse volume centering on the ways in which our minds can help or hinder our aspirations for happiness

**Handbook of Mindfulness** Kirk Warren Brown, J. David Creswell, Richard M. Ryan, 2015-01-29 This book has been replaced by Handbook of Mindfulness Second Edition ISBN 978 1 4625 5700 4

Developmental Psychopathology, Theory and Method Dante Cicchetti, 2016-02-29 The seminal reference for the latest research in developmental psychopathology Developmental Psychopathology is a four volume compendium of the most complete and current research on every aspect of the field Volume One Theory and Method focuses on the theoretical and empirical work that has contributed to dramatic advancements in understanding of child and adult development including findings in the areas of genetics and neurobiology as well as social and contextual factors Now in its third edition this comprehensive reference has been fully updated to reflect the current state of the field and its increasingly multilevel and interdisciplinary nature and the increasing importance of translational research Contributions from expert researchers and clinicians provide insight into how multiple levels of analysis may influence individual differences the continuity or discontinuity of patterns and the pathways by which the same developmental outcomes may be achieved Advances in developmental psychopathology have burgeoned since the 2006 publication of the second edition ten years ago and keeping up on the latest findings in multiple avenues of investigation can be burdensome to the busy professional and researcher from psychology and related fields This reference solves the problem by collecting the best of the best as edited by Dante Cicchetti a recognized leader in the field into one place with a logical organization designed for easy reference Get up to date on the latest research from the field Explore new models emerging theory and innovative approaches Learn new technical analysis and research design methods Understand the impact of life stage on mental health The complexity of a field as

diverse as developmental psychopathology deepens with each emerging theory and new area of study as made obvious by the exciting findings coming out of institutions and clinics around the world Developmental Psychopathology Volume One Theory and Method brings these findings together into a cohesive broad reaching reference *The Routledge International Handbook of Changes in Human Perceptions and Behaviors* Kanako Taku, Todd K. Shackelford, 2024-06-28 The Routledge International Handbook of Changes in Human Perceptions and Behaviors is the first edited volume to present multidisciplinary perspectives on various aspects of changes that humans experience The handbook is designed to highlight the different contents types ways meanings applications and moments of changes that have been recognized by experts in various fields within the life and social sciences Comprised of four sections the chapters address changes in a variety of contexts related to human perceptions and behaviors the moment of change and fluctuations changes in applied settings and the meaning of changes including resistance to change Written by a range of expert international contributors the book brings together discussions and insights about how different levels and types of changes in human perceptions attitudes beliefs values and behaviors have been studied and considered in diverse fields It also explores the various mechanisms that account for changes exploring how and when changes occur and what changes mean to humans Relevant for empirical and theoretical work the handbook will be of great interest to researchers academics and postgraduate students across psychology behavioral sciences and social sciences **Research in the Social Scientific Study of Religion** Ralph L. Piedmont, Andrew Village, 2011-07-12 Research in the Social Scientific Study of Religion publishes empirical and theoretical studies of religion from a wide range of disciplines and from all parts of the globe A special section is devoted to the issue of psychological type and religion and especially how psychological type can increase our understanding of Christian ministry Alongside this section are papers presenting studies on subjects such as civic participation suffering with God and spirituality Together these papers represent important contributions that advance theory and evidence in a number of different fields of contemporary relevance to the study of religion *8 Keys to Old School Parenting for Modern-Day Families* Michael Mascolo, 2015-04-27 Raising secure and confident kids using best parenting practices from the past Does it ever seem to you like kids these days are in control of their parents Having a strong sense of yourself as a parent is key to raising a resilient independent thoughtful and solution focused child But over the last several generations parents have been immersed in the well intentioned idea that parenting should be child centered rather than adult centered Many parents have begun to follow their children's lead rather than insist that children adapt to parental prerogatives Parental authority has come to be seen as a bad thing The 8 keys presented in this book focus on valuing your own authority as a parent cultivating your child's character applying discipline instead of punishment strategies to motivate compliance fostering emotional development problem solving conflict management and effective communication They will help parents raise self directed children who are active learners feel good about themselves take initiative and have a strong moral compass **Mindfulness in Social**

**Psychology** Johan C. Karremans, Esther K. Papies, 2017-04-28 Scientific interest in mindfulness has expanded in recent years but it has typically been approached from a clinical perspective This volume brings recent mindfulness research to classic social psychology topics such as romantic relationships prejudice prosocial behavior achievement and self control Written by renowned scholars in social psychology it combines a comprehensive research overview with an in depth analysis of the processes through which mindfulness affects people s daily life experiences It provides theoretical and methodological guidance for researchers across disciplines and discusses fundamental processes in mindfulness including its effect on emotion regulation executive control automatic and deliberative processing and its relationship to self construal and self identity This book will be of particular interest to upper level students and researchers in social psychology health psychology and clinical psychology as well as social work and psychology professionals *Theory Driving Research: Dennis M. McInerney, Herbert Marsh, Rhonda G. Craven, Frédéric Guay, 2013-06-01* Theory Driving Research New wave perspectives on self processes and human development provides a unique insight into self processes from varied theoretical perspectives The chapters in this volume develop avant garde theoretical ideas to drive future cutting edge empirical research and together in one collected volume make a valuable contribution to scholarly literature on self processes Among the themes covered are resurrecting the I self a re look at the dichotomy between the I self and the Me self based on James s analysis the actualization of human potential naturalizing and contextualizing the self hypo egoic states personal proficiency networks competition and performance relationships achievement motivations passion and optimal functioning in society competence and self worth threat new interpretations of expectancy value research methodological advances in BFLPE research and multilevel models of student achievement motivation This monograph the fourth in the International Advances in Self Research monograph series provides wealth of information on new theorizing and provides a platform for generating the next wave of research designed to understand the fundamental role self processes play in human development **Subjectivity in Psychology in the Era of Social Justice** Bethany Morris, Chase O'Gwin, Sebastienne Grant, Sakenya McDonald, 2020-02-19 The notion of social justice permeates much of current Western political and cultural discourse with a newfound urgency What it means to be socially just is a question Morris et al investigate and interrogate looking at psychology s contributions to the subject and considering the practicality of social justice in light of modern subjectivity The book begins by examining the lack of equity and inclusivity in education and the ways in which psychology has been complicit in the marginalization of oppressed groups Drawing upon Lacanian theory it goes on to discuss how diversity initiatives take on an obsessive neurotic characteristic that can stifle those it claims to understand and promote The authors investigate the anxiety around the performance of being socially just or woke and suggest how psychology can contribute to the development of socially just humans more attuned to the needs of others through the appreciation of interconnectivity and compassion An imperative text for scholars and students of philosophical and theoretical psychology critical psychology social psychology psychoanalysis

social work and education      **Advances in Experimental Social Psychology** ,2012-04-18 Advances in Experimental Social Psychology continues to be one of the most sought after and most often cited series in this field Containing contributions of major empirical and theoretical interest this series represents the best and the brightest in new research theory and practice in social psychology This serial is part of the Social Sciences package on ScienceDirect Visit info sciencedirect com for more information Advances in Experimental Social Psychology is available online on ScienceDirect full text online of volume 32 onward Elsevier book series on ScienceDirect gives multiple users throughout an institution simultaneous online access to an important complement to primary research Digital delivery ensures users reliable 24 hour access to the latest peer reviewed content The Elsevier book series are compiled and written by the most highly regarded authors in their fields and are selected from across the globe using Elsevier s extensive researcher network For more information about the Elsevier Book Series on ScienceDirect Program please visit info sciencedirect com bookseries One of the most sought after and most often cited series in this field Contains contributions of major empirical and theoretical interest Represents the best and the brightest in new research theory and practice in social psychology      **The Oxford Handbook of Self-determination Theory** Richard M. Ryan,2023 Self Determination Theory SDT is a broad theory of psychological growth and wellness that has revolutionized how we think about human motivation Drawing on over four decades of evidence based research and application this handbook delivers a truly integrative volume with 57 chapters by the top researchers and experts within the field of SDT Edited by an SDT cofounder this handbook traces the theory s historical and scientific foundations and synthesizes the latest research and insights on human motivation covering topics from the social and biological underpinnings of motivation and wellness to practical applications in all aspects of life      *Religion and Human Enhancement* Tracy J. Trothen,Calvin Mercer,2017-09-17 This collection vigorously addresses the religious implications of extreme human enhancement technology Topics covered include cutting edge themes such as moral enhancement common ground to both transhumanism and religion the meaning of death desire and transcendence and virtue ethics Radical enhancement programs advocated by transhumanists could arguably have a more profound impact than any other development in human history Reflecting a range of opinion about the desirability of extreme enhancement leading scholars in the field join with emerging scholars to foster enhanced conversation on these topics      **The Routledge Companion to Leadership and Change** Satinder K. Dhiman,2023-03-28 The unique leadership challenges organizations face throughout the world call for a renewed focus on what constitutes authentic inclusive servant transformational principled values based and mindful leadership Traditional approaches rarely provide a permeating or systematic framework to garner a sense of higher purpose or nurture deeper moral and spiritual dimensions of leaders Learning to be an effective leader requires a deep personal transformation which is not easy This text provides guidelines in a variety of settings and contexts while presenting best practices in successfully leading the twenty first century workforce and offering strategies and tools to lead change effectively in the

present day boundary less work environment Given the ever growing widespread importance of leadership and its role in initiating change this will be a key reference work in the field of leadership and change management in business The uniqueness of this book lies in its anchorage in the moral and spiritual dimension of leadership an approach most relevant for contemporary times and organizations It represents an important milestone in the perennial quest for discovering the best leadership models and change practices to suit the contemporary organizations Designed to be a resource for scholars practitioners teachers and students seeking guidance in the art and science of leadership and change management this will be an invaluable reference for libraries with collections in business management sports history politics law and psychology It will present essential strategies for leading and transforming corporations small businesses schools hospitals and various nonprofit organizations It brings the research on leadership and change management up to date while mapping its terrain and extending the scope and boundaries of this field in an inclusive and egalitarian manner **Flourishing in Tensions**

Michael Bräutigam, 2022-09-09 Following Jesus Christ presents unique challenges to disciples today In our current climate of relativism materialism and consumerism Christians are increasingly perplexed as to who they are and what following after Christ means today Drawing on the Protestant tradition in particular Dietrich Bonhoeffer Martin Luther and Adolf Schlatter and findings from psychology this book offers a fresh integrative interpretation of Jesus s radical call into discipleship This call is interpreted through a christological lens as Jesus Christ in his role as Prophet calls us to self denial in his role as Priest invites us to cross bearing and as King demands us to follow him Jesus s call to discipleship challenges disciples to embrace various tensions by faith and to grow and even flourish in and through them By denying themselves they find their true self by taking up their cross they find real life and by following Christ they find the great friend and befriend the world as the community of disciples This book is for Christians who seek to mature in intentional self reflection and discover practical ways of living out Christ s radical call into discipleship today

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