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WHAT MAKES A HERO?

*The Surprising
Science of
SELFLESSNESS*

ELIZABETH SVOBODA

What Makes A Hero The Surprising Science Of Selflessness

O García



What Makes A Hero The Surprising Science Of Selflessness:

What Makes a Hero? Elizabeth Svoboda, 2013-08-29 An entertaining investigation into the biology and psychology of why we sacrifice for other people Researchers are now applying the lens of science to study heroism for the first time How do biology upbringing and outside influences intersect to produce altruistic and heroic behavior And how can we encourage this behavior in corporations classrooms and individuals Using dozens of fascinating real life examples Elizabeth Svoboda explains how our genes compel us to do good for others how going through suffering is linked to altruism and how acting heroic can greatly improve your mental health She also reveals the concrete things we can do to encourage our most heroic selves to step forward It s a common misconception that heroes are heroic just because they re innately predisposed to be that way Svoboda shows why it s not simply a matter of biological hardwiring and how anyone can be a hero if they re committed to developing their heroic potential

Stealth Altruism Arthur B. Shostak, 2017-07-12 Though it has been nearly seventy years since the Holocaust the human capacity for evil displayed by its perpetrators is still shocking and haunting But the story of the Nazi attempt to annihilate European Jewry is not all we should remember *Stealth Altruism* tells of secret non militant high risk efforts by Carers those victims who tried to reduce suffering and improve everyone s chances of survival Their empowering acts of altruism remind us of our inherent longing to do good even in situations of extraordinary brutality Arthur B Shostak explores forbidden acts of kindness such as sharing scarce clothing and food rations holding up weakened fellow prisoners during roll call secretly replacing an ailing friend in an exhausting work detail and much more He explores the motivation behind this dangerous behavior how it differed when in or out of sight who provided or undermined forbidden care the differing experiences of men and women how and why gentiles provided aid and most importantly how might the costly obscurity of stealth altruism soon be corrected To date memorialization has emphasized what was done to victims and sidelined what victims tried to do for one another Carers provide an inspiring model and their perilous efforts should be recognized and taught alongside the horrors of the Holocaust Humanity needs such inspiration

The Rotarian: September 2014 , **Myth of the Modern Hero** Jane L. Bownas, 2017-11-21 The idea of the hero originates in myths from the distant past and has been applied to many different concepts in different societies cultures and historical time periods As a mythical signifier the meaning of the word hero changes according to the intentions of the user and this study examines some of the ways in which heroic myths have been created either to justify the actions of those in power or to produce an imaginary ideal to which the majority can aspire The warrior heroes of Greek legend fighting for individual glory and honour have little in common with the soldiers fighting in the wars of the twentieth century resulting in the creation of a new hero myth that of the patriotic dutiful and obedient soldier As a result of wars and the emergence of new states there is a need for new myths depicting heroes who fight and if necessary die in order to defend their nation Heroic myths are important for those seeking power and this study considers the extent to which Germanic myths played a part in the emergence of Hitler as a heroic

leader In recent times the idea of the hero with which people most readily identify is the extreme altruist someone who is ready to risk their own life to save the life of another person The possible origins of and reasons for such behaviour are examined All humans possess the potential to act in ways which might be considered to be heroic even when this involves living an ordinary life with courage and endurance Can't Not Do Paul Shoemaker, 2015-07-20 With so many social challenges facing our world trying to effect change feels daunting The problems are complex the politics murky and the players innumerable Yet every day there are regular heroes making a significant impact on our most intractable social issues Can t Not Do is a catchphrase for the urge that captures the heart of effective social change agents explaining in their own words their passion and drive I can t not do this It s not that I can do this it s that I can t not I could not imagine not doing something about this issue The surprising truth from the trenches is we already have numerous proven solutions for our many social challenges what our world needs most and what most changes our children s future are more people prepared and committed to act on their social impulses for the long haul Innovation helps Money helps too But greater numbers of committed people help the most If you feel an internal persistent call to do more for the world Can t Not Do will help you to bridge the gap between wanting to do and doing to access the drive of an effective change agent to break through self imposed barriers to learn key principles for success and to start seeing yourself acting as a change agent There is no secret sauce someone is born with and no special club needed to be successful at social change Rather successful change agents share some fundamental orientations to the world and to their committed cause and over time learn certain lessons that help them become more effective These lessons are reflected in Can t Not Do in seven seemingly simple questions that provide guideposts and unlock the reader s potential to make a difference for a social cause they care about This isn t a self help book It s an inspiring narrative intertwined with a street readiness dialogue between the author and you between you and your inner aspirations These are authentic success stories vital questions and unconventional answers that can guide and inspire you to realize your greatest potential Encyclopedia of Heroism Studies ,2024-10-01 This reference work is an important resource in the growing field of heroism studies It presents concepts research and events key to understanding heroism heroic leadership heroism development heroism science and their relevant applications to businesses organizations clinical psychology human wellness human growth potential public health social justice social activism and the humanities The encyclopedia emphasizes five key realms of theory and application Business and organization focusing on management effectiveness emotional intelligence empowerment ethics transformational leadership product branding motivation employee wellness entrepreneurship and whistleblowers clinical health psychology and public health focusing on stress and trauma maltreatment emotional distress bullying psychopathy depression anxiety family disfunction chronic illness and healthcare workers wellbeing human growth and positive psychology discussing altruism authenticity character strengths compassion elevation emotional agility eudaimonia morality empathy flourishing flow self efficacy joy kindness prospection moral

development courage and resilience social justice and activism highlighting anti racism anti bullying civil disobedience civil rights heroes climate change environmental heroes enslavement heroes human rights heroism humanitarian heroes inclusivity LGBTQ heroism metoo movement heroism racism sustainability and women s suffrage heroes and humanities relating to the mythic hero s journey bliss boon crossing the threshold epic heroes fairy tales fiction language and rhetoric narratives mythology hero monomyth humanities and heroism religious heroes and tragic heroes *The Craft of Science Writing* Siri Carpenter,2024-11-05 A deeply sourced inclusive guide to all aspects of science writing with contributions from some of the most skilled and award winning authors working today Science writing has never been so critical to our world and the demands on writers have never been greater On any given day a writer might need to explain the details of AI analyze developments in climate change research or serve as a watchdog helping to ensure the integrity of the scientific enterprise At the same time writers must spin tales that hook and keep readers despite the endless other demands on their attention How does one do it *The Craft of Science Writing* is the authoritative guide With pieces curated from the archives of science writers go to online resource *The Open Notebook* this book explores strategies for finding and shaping story ideas pitching editors and building a specialty in science writing It delves into fundamental skills that every science writer must learn including planning their reporting identifying interviewing and quoting sources organizing interview notes and crafting stories that engage and inform audiences This expanded edition includes new introductory material and nine new essays focusing on such topics as how to establish a science beat how to find and use quotes how to critically evaluate scientific claims how to use social media for reporting and how to do data driven reporting In addition there are essays on inclusivity in science writing offering strategies for eradicating ableist language from stories working with sensitivity readers and breaking into English language media for speakers of other languages Through interviews with leading journalists offering behind the scenes inspiration as well as in depth essays on the craft offering practical advice readers will learn how the best science stories get made from conception to completion Contributors Humberto Basilio Siri Carpenter Jeanne Erdmann Dan Ferber Tina Casagrand Foss Geoffrey Giller Laura Helmuth Jane C Hu Alla Katsnelson Roxanne Khamisi Betsy Ladyzhets Jyoti Madhusoodanan Amanda Mascarelli Robin Meadows Kate Morgan Ti n Nguy n Michelle Nijhuis Aneri Pattani Rodrigo P rez Ortega Mallory Pickett Kendall Powell Tasneem Raja Sandeep Ravindran Marion Renault Julia Rosen Megha Satyanarayana Christina Selby Knvul Sheikh Abdullahi Tsanni Alexandra Witze Katherine J Wu Wudan Yan Ed Yong Rachel Zamzow Sarah Zhang and Carl Zimmer *Resilience* Steven M. Southwick,Dennis S. Charney,2018-05-03 This inspiring book presents ten factors to help anyone become stronger and more resilient to life s challenges *Survival of the Nicest* Stefan Klein,2014-01-21 Award winning international bestselling science writer Stefan Klein explores the benefits of altruism on humanity in *Survival of the Nicest* The phrase survival of the fittest conjures an image of the most cutthroat individuals rising to the top But Stefan Klein author of *The Science of Happiness* makes the startling assertion that altruism is the key to

lasting personal and societal success In fact altruism defines us Natural selection favored those early humans who cooperated in groups and with survival more assured our altruistic ancestors were free to devote brainpower to developing intelligence language and culture our very humanity Klein s groundbreaking findings lead him to a vexing question If we re really hard wired to act for one another s benefit why aren t we all getting along He believes we ve learned to mistrust our instincts because success is so often attributed to selfish ambition and with an extraordinary array of material current research on genetics and the brain economics social psychology behavioral and anthropological experiments history and modern culture he makes the case that generosity for its own sake remains the best way to thrive Stefan Klein an enticing storyteller marshals the evidence for the value of altruism not only to one s family but much more interestingly to one s self and one s tribe Altruism is truly contagious Roald Hoffman Nobel Laureate A scholarly tour de force about why generosity makes good sense Survival of the Nicest is also compulsively readable Klein argues convincingly that helping others is one of the best things we can do for ourselves Elizabeth Svoboda author of What Makes a Hero The Surprising Science of Selflessness

The Life Heroic Elizabeth Svoboda,2019-08-06 Heroes are superhuman Or at least it s easy to assume that when you read ripped from the news stories of derring do But in reality almost anyone who s motivated can be a hero and the heroes who make the biggest impact aren t always the ones who make headlines This approachable research backed guide will equip kids with the tools they need to become everyday heroes Along the way you ll hear from real heroes living out the truth of psychologist Phil Zimbardo s words Most heroes are ordinary It s the act of heroism that s extraordinary

A New Church and A New Seminary David McAllister-Wilson,2018-04-02 Many churches are mule churches strong for a generation but unable to reproduce themselves As a mule comes from a horse and a donkey they were the product of demographics and cultural conditions conducive for a generation of strength but did not produce many offspring in new church starts or strong candidates for ministry Mule churches create a generation or more of pastors superintendents and bishops who think they knew what made for strong church who think their approach to ministry is the key reason for their success And it produces churches with a nostalgia for the way things used to be This makes it hard for churches to adapt to change We ve been declining for a long time due to changes in secular and consumer culture demographics radically adjusting normative family structure and a theology based in consumer marketing rather than mission driven vitality Now we realize that the church is free to not just make the gospel relevant to life but to make life relevant to the gospel Conservative evangelical Christianity was able to focus on relevance prior to its ascendancy on the national stage Methodism requires a similar period of confessional self definition We are going through these confessions now in the debate about our stance toward homosexuality Most students and most professors go to the seminary to fix the church because they realize that the future of the church and its seminaries are inseparable Seminaries provide scholars for the church who learn how to think who learn how to take the long view who shape identity who foster a culture of calling A new kind of Methodist progressive

evangelicalism is regenerating which lives the great commandment love and the great commission reproducing disciples on a global scale Before seminaries prepared pastors to maintain healthy churches in stable neighborhoods Now every neighborhood is changing and many churches are losing their members and their confidence They long for a recovery of their sense of mission and a new kind of leadership A new kind of seminary is regenerating to foster hope wisdom creativity and engagement with the great issues of our day *The Social Psychology of Good and Evil* Arthur G. Miller,2016-06-06 This timely accessible reference and text addresses some of the most fundamental questions about human behavior such as what causes racism and prejudice and why good people do bad things Leading authorities present state of the science theoretical and empirical work Essential themes include the complex interaction of individual societal and situational factors underpinning good or evil behavior the role of moral emotions unconscious bias and the self concept issues of responsibility and motivation and how technology and globalization have enabled newer forms of threat and harm New to This Edition Many new authors extensively revised with the latest theory and research Section on group perspectives with chapters on bystanders to emergencies remembering historical victimization organizational dynamics and globalization and terrorism Chapters on free will conscious versus unconscious processes media violence dehumanization genocide and sexual violence Chapters on false moral superiority compassionate goals in relationships and moral emotions in incarcerated offenders

The Roots of Goodness and Resistance to Evil Ervin Staub,2015 He explores the range of experiences that lead to active bystandership including socialization by parents teachers and peers in childhood education experiential learning and public education through media He examines what personal characteristics or dispositions result from such experiences which in turn lead to caring and helping Staub also considers how circumstances influence people both individuals and whole groups and how they join with personal dispositions to determine whether people remain passive in the face of others need or instead help others and behave in morally courageous or even heroic ways He considers how moral and caring values can be subverted by circumstances and outlines ways to resist that possibility *The Hero Forge* Andy Fisher,2017-04-03 Part philosophy part practical handbook The Hero Forge is designed to empower those who want to make a difference in the world Andy Fisher guides you chapter by chapter through the tools attributes and skills needed to be of service at a time when we are more in need of heroes than ever before You do not need a cape a mask or any superpower to become an everyday hero just a growth mindset and the desire to be part of something bigger than yourself Heroes are not born they are forged and this is your call to adventure Will you shy away or embrace the challenge *The Social Psychology of Good and Evil, Second Edition* Arthur G. Miller,2016-07-04 This timely accessible reference and text addresses some of the most fundamental questions about human behavior such as what causes racism and prejudice and why good people do bad things Leading authorities present state of the science theoretical and empirical work Essential themes include the complex interaction of individual societal and situational factors underpinning good or evil behavior the role of moral emotions

unconscious bias and the self concept issues of responsibility and motivation and how technology and globalization have enabled newer forms of threat and harm

Key Words Subject Areas aggression altruism antisocial evil free will good guilt heroism human behavior morality prejudice prosocial racism shame social psychology stereotyping terrorism values violence

Audience Students and researchers in social psychology also of interest to sociologists **Teaching What Matters** Steve A. Banno Jr.,2022-04-13 The desire to be happy and live a good life has been a constant throughout history In these incredibly important adolescent years creating opportunities and encouraging teenagers to open their hearts to the world to others and to themselves is the most worthy and important endeavor adults can provide to them Teaching What Matters arrives at the right time Rates of anxiety depression and chronic stress for teenagers and young adults are on the rise Social emotional learning along with teaching to the whole child has seen increased interest from parents educators principals businesses the general public and even government agencies Teaching What Matters is written by a life long teacher for any practitioner interested in fostering social and emotional skills into an existing curriculum or classroom This book distills Banno s transformative and widely popular high school course into a guidebook that empowers teenagers to explore the science of happiness and altruism Teaching What Matters is infused with practical lessons learning objectives overarching reflection and discussion questions summations of emerging research in positive psychology and other academic disciplines assessments and teaching strategies Teaching What Matters will provide the agency for teenagers to enhance happiness and kindness in their lives and in the lives of others **To Love Is to Help** Russ Holloman PhD,2014-08-01 How would you like to go through life pretending you knew what love is Although love is a familiar often used word what we mean when we use it is not always clear Obviously I love pizza conveys a different feeling than does I love God This book views love as an action as something we do It is more than an emotion it is the only human sentiment that is completely expressed in positive concern for the welfare of others Four kinds of love are differentiated these are eros the language of romance storge family or parental love philia brotherly love and agape the love of and for God Unfortunately the English language uses only one word to describe all four kinds Two descriptive aspects of loves relation to helping have evolved First love involves more or less sympathy with the loved one Second the one who loves manifests a desire to enhance the well being and psychological growth of the beloved Love has been more widely researched and written about than has helping Love as a helping relationship has received even less attention This book views love and helping as being synonymous The first two chapters discuss the nature of human behavior and the purpose of our lives i e Gods plan for our lives The next two chapters examine the nature of helping relationships and the joy and benefits of helping others Also discussed are helping in secret helping others grieve why we dont help others in need and choosing our destiny **A Path Appears** Nicholas Kristof,Sheryl WuDunn,2015-09-01 An exploration of how altruism affects us what are the markers for success and how to avoid the pitfalls with scrupulous research and on the ground reporting from the Pulitzer Prize winning journalists and bestselling authors of

Half a Sky and Tightrope Kristof and WuDunn will inspire you to change lives for the better including your own The New York Times Book Review In their recounting of astonishing stories from the front lines of social progress we see the compelling inspiring truth of how real people have changed the world underscoring that one person can make a difference A Path Appears offers practical results driven advice on how best each of us can give and reveals the lasting benefits we gain in return Kristof and WuDunn know better than most how many urgent challenges communities around the world face to day Here they offer a timely beacon of hope for our collective future

Bones of My Grandfather Clay Bonnyman

Evans, 2018-07-10 War reclamation and what Tim O'Brien called the Lives of the Dead are eternal literary themes for men Clay Bonnyman Evans has honored that lineage with this masterful melding of military history and personal quest Ron Powers co author of New York Times 1 bestsellers Flags of Our Fathers and True Compass along with No One Cares About Crazy People and others In November 1943 Marine 1st Lt Alexander Bonnyman Jr was mortally wounded while leading a successful assault on a critical Japanese fortification on the Pacific atoll of Tarawa and posthumously awarded the Medal of Honor the nation's highest military honor The brutal bloody 76 hour battle would ultimately claim the lives of more than 1 100 Marines and 5 000 Japanese forces But Bonnyman's remains along with those of hundreds of other Marines were hastily buried and lost to history following the battle and it would take an extraordinary effort by a determined group of dedicated civilians to find him In 2010 having become disillusioned with the U.S. government's halfhearted efforts to recover the lost Marines of Tarawa Bonnyman's grandson Clay Bonnyman Evans was privileged to join the efforts of History Flight Inc a non governmental organization dedicated to finding and repatriating the remains of lost U.S. service personnel In Bones of My Grandfather Evans tells the remarkable story of History Flight's mission to recover hundreds of Marines long lost to history in the sands of Tarawa Even as the organization begins to unearth the physical past on a remote Pacific island Evans begins his own quest to unearth the reclaim the true history of his grandfather a charismatic complicated hero whose life had been whitewashed sanitized and diminished over the decades On May 29 2015 Evans knelt beside a History Flight archaeologist as she uncovered the long lost well preserved remains of his grandfather And more than seventy years after giving his life for his country a World War II hero finally came home

Finding God in the Waves Mike McHargue, 2016-09-13

A story about having faith losing it and finding it again through science revealing how the latest in neuroscience physics and biology help us understand God faith and ourselves Mike McHargue host of The Liturgists and Ask Science Mike podcasts understands the pain of unraveling belief In Finding God in the Waves Mike tells the story of how his Evangelical faith dissolved into atheism as he studied the Bible a crisis that threatened his identity his friendships and even his marriage Years later Mike was standing on the shores of the Pacific Ocean when a bewildering seemingly mystical moment motivated him to take another look But this time it wasn't theology or scripture that led him back to God it was science Full of insights about the universe as well as deeply personal reflections on our desire for certainty and meaning Finding God in the Waves is a

vital exploration of the possibility for knowing God in an age of reason and a signpost for where the practice of faith is headed in a secular age Among other revelations we learn what brain scans reveal about what happens when we pray how fundamentalism affects the psyche and how God is revealed not only in scripture but also in the night sky in subatomic particles and in us

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