

The Art Of Selfishness

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The Art Of Selfishness

A quarter century earlier came The Art of Selfishness, a number one bestseller by psychiatrist David Seabury. At times, Seabury sounds strikingly similar to Rand: "We have been left for centuries with only the echo of a workable philosophy.

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The Art of Selfishness Achieving a harmonious balance between your work responsibilities and your personal life requires that you become selfish.

The Art of Selfishness: It's Not What You Think

While growing up, selfishness is defined for most people as a destructive force — power-driven, self-obsessed, a tyranny against others, and a drain on energy. Early lessons teach that the needs of others must be put above one's own. This has created a culture of outward-directed people, cut off from the inner sources of energy and vitality.

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~ The Art of Selfishness by David Seabury, Inside Front Cover Women, particularly are affected by the people pleasing dynamic, as many of us have been primed from an early age that we are the ones who serve: cook, clean, do laundry, and in the 21st century, do all this at the same time as work a job and look after the kids.

Reflections on The Art of Selfishness by David Seabury ...

"Unselfish" is often not for the betterment of all involved, but the art of constructive selfishness, can lead to everyone being better off if strategies are applied wisely. This is not a book...

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Selfishness is a lack of control of self indulgence. One proof of the Holy Spirit's work in us is self control (Gal. 5:5, 22-26).

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But unlike Rand's book, The Art of Selfishness is a self-help book, not a work of philosophy. It is not systematic. It does not work from first principles and basic observations about human nature. It is not especially careful about terminology.

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