

The Stories We Live By

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the stories we live by



Personal Myths
and the
Making of the Self

Dan P. McAdams

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'Who Am I?' 'How do I fit in the world around me?' From early childhood, we are all faced with key questions of human identity. This revealing and innovative book demonstrates that each of us discovers what is true and meaningful, in our lives and in ourselves, through the creation of personal myths. Challenging the traditional view that our personalities are formed by fixed, unchanging characteristics, or by predictable stages through which every individual travels, *The Stories We Live By* persuasively argues that, strange as it may seem, we are the stories we tell. Based on more than 10 years of research and hundreds of first-hand interviews, the book accessibly links scientific investigation to the struggles and joys of real people. Sensitively told anecdotes and mini-life stories draw readers into exploring the intimate connection between our personal myths and our perceptions, relationships, and life choices. Providing an integrative view of human beings as evolving story-tellers whose tales deepen and broaden with age, *The Stories We Live By* describes an ongoing process that allows us, within limits, to develop and revise our stories and open up new possibilities for our lives. This book will be value for all those who are interested in enhancing their self-understanding. It will also serve as useful classroom text for undergraduates and advanced students in personality and social psychology, counselling and psychotherapy.

作者介绍:

Dan P. McAdams, PhD, is Professor of Human Development and Social Policy and Professor of Psychology at Northwestern University, where he is also Director of the Foley Center for the Study of Lives. He has published 12 books and over 100 articles and chapters in the areas of personality and developmental psychology.

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标签

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narrative

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评论

买不起

不同意作者的很多观点 但是暂时还没想到怎么反驳...

Not all narratives are stories.

my fav on the subject of selfhood & good flow

一本也许十年以后应该再读一遍的书 - See you.

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书评

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