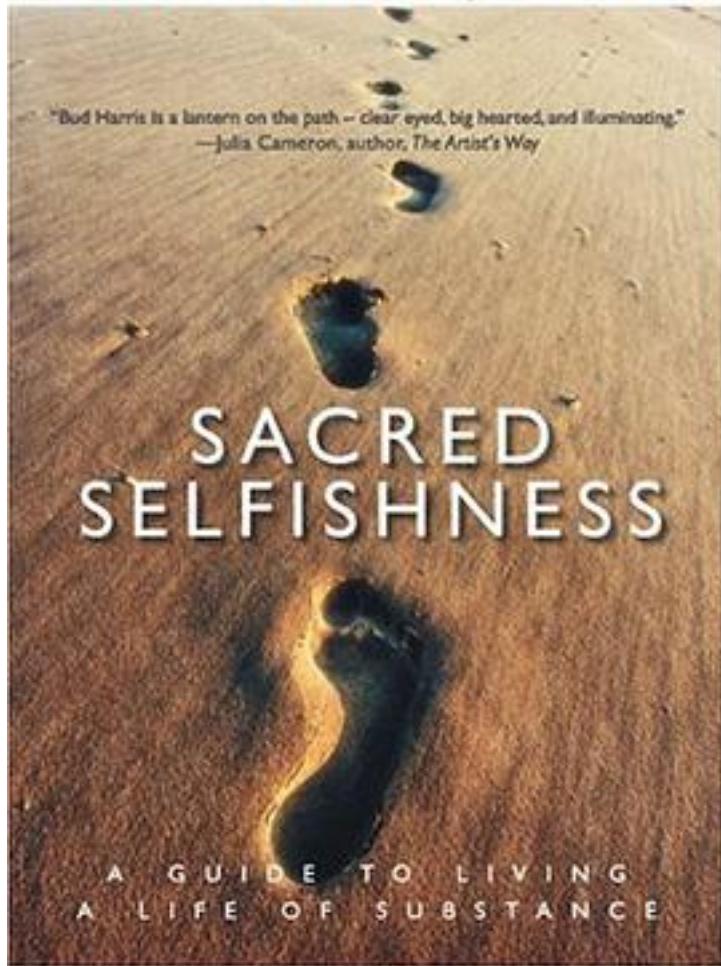


# Sacred Selfishness

Bud Harris, Ph.D.



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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. Failing to develop one's individuality can eventually lead to depression and ill health. Only after becoming whole can one help others as well as society. This is the lesson of Sacred Selfishness, in which Jungian analyst Bud Harris argues persuasively that one must live authentically in order to be whole, happy, healthy, and a truly contributing member of society. This essential guide offers many strategies readers can use in order to live a "sacredly selfish" life, from analyzing dreams to keeping a detailed journal that teaches seekers to understand themselves, their worth, and their needs.

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