



# Transcending Self-Interest: Psychological Explorations of the Quiet Ego

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For decades social scientists have observed that Americans are becoming more selfish, headstrong and callous. Instead of lamenting a cultural slide towards narcissism, this book provides comprehensive research on both the problems of egocentrism and ways of transcending it.

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## **Transcending Self-Interest: Psychological Explorations of the Quiet Ego From Brand: American Psychological Association Bibliography**

- Sales Rank: #1575591 in Books
- Brand: Brand: American Psychological Association
- Published on: 2008-01-01
- Original language: English
- Number of items: 1
- Dimensions: 10.30" h x .88" w x 7.27" l, 1.57 pounds
- Binding: Hardcover
- 263 pages

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### Editorial Review

#### About the Author

**Heidi A. Wayment**, PhD, is Professor of Psychology at Northern Arizona University in Flagstaff, where she conducts research on psychosocial reactions to personal and collective loss as well as predictors and consequences of compassionate reactions. Dr. Wayment is a member of the Society for Personality and Social Psychology (Division 8 of the American Psychological Association) and serves on the editorial boards of *Compass: Journal in Social Psychology*, the *Journal of Personal and Social Relationships*, and *Coping With Loss and Trauma*. Before completing her graduate studies and postdoctoral work at the University of California, Los Angeles, Dr. Wayment earned small college All-American honors in volleyball and basketball and had a long career in basketball, playing with top European teams, with both U.S. and German national teams, and in the first professional league in the United States. Dr. Wayment enjoys living in the beautiful region of northern Arizona with her husband and children and finding time to cook, quilt, and relax with friends.

**Jack J. Bauer**, PhD, is Assistant Professor of Psychology at the University of Dayton in Dayton, Ohio. Dr. Bauer conducts research on narrative self-identity and personal growth. His studies of growth goals and growth stories in relation to happiness and meaning-making have been supported by The Foley Center for the Study of Lives at Northwestern University as well as by Positive Psychology grants from the Templeton Foundation. He serves on the editorial board of the *Journal of Research in Personality*. Previously he taught at Northern Arizona University and as a visiting professor at Washington College. Before entering the field of psychology he was the editor of a newspaper in northern Michigan and worked in public relations and strategic planning in Chicago and Cleveland. He lives with his wife and two young children in Ohio, where they enjoy amusement parks, putt-putt, swimming, baseball, planets, and princesses.

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