

On Being Authentic - Charles Guignon

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"To thine own self be true." From Polonius's words in "Hamlet" right up to Oprah, we are constantly urged to look within. Why is being authentic the ultimate aim in life for so many people, and why does it mean looking inside rather than out? Is it about finding the "real" me, or something greater than me, even God? Thought-provoking and with an astonishing range of references, "On Being Authentic" is a gripping journey into the self that begins with Socrates and Augustine. Charles Guignon asks why being authentic ceased to mean being part of some bigger, cosmic picture and with Rousseau, Wordsworth and the Romantic movement, took the strong inward turn alive in today's self-help culture. He also plumbs the darker depths of authenticity, with the help of Freud, Carl Jung and Konrad Lorenz, and reflects on the future of being authentic in a postmodern, global age. He argues ultimately that being authentic is not about what is owed to me but how I depend on others. Author: Guignon, Charles Publisher: Routledge Illustration: N Language: ENG Title: On Being Authentic Pages: 00000 (Encrypted PDF) On Sale: 2004-06-16 SKU-13/ISBN: 9780415261227 Category: Education : Teaching Methods & Materials - Arts & Humanities

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