



BOOK NEWS & NOTES

When Being Selfish Is A Good Thing

(NAPSA)—Not many people can relate to the idea that being selfish can be a good thing, but maybe they ought to, says a new book.

Psychologist and Jungian analyst Bud Harris, Ph.D., points out that if people believe any kind of selfishness is wrong, they may end up hiding their feelings and living lives based on other people's values and demands.

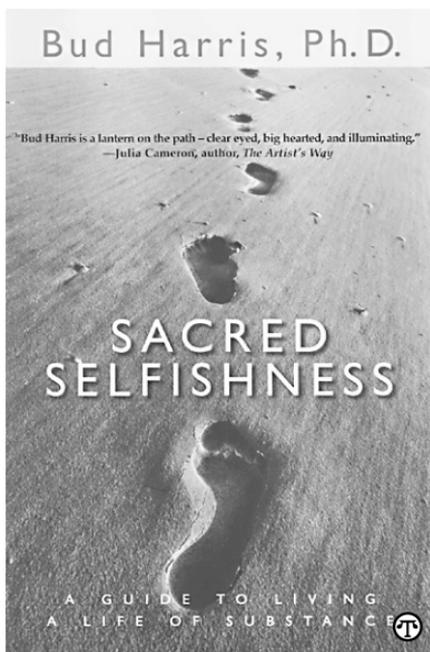
In his new book, *Sacred Selfishness: A Guide to Living a Life of Substance* (Inner Ocean Publishing, \$24.95), Harris defines sickly selfishness as the kind that is self-centered and demanding. Its opposite, sacred selfishness, is the commitment to become a person of substance whose presence brings hope and energy.

"The path of sacred selfishness is fueled by self-awareness and gives us the foundation to truly love ourselves," said Harris.

The author had a family, house and career that was the envy of his friends. But in his early 30s, he found himself increasingly depressed. The book is based on his experiences and over 30 years of his working with people who felt disappointed by life.

The book deftly guides the reader through the process of developing self-awareness and lays out the steps to help people learn to love themselves.

"Loving ourselves isn't easy," said Harris. "It isn't being self-indulgent and it's more than being kind to ourselves and taking time for hot baths, massages and vacations. It's really a journey based on continually knowing ourselves



Sometimes the only way to be kind to those around you is to be selfish. One author learned this the hard way.

better, accepting who we are and living our values."

Relationships are often a casualty of this lack of self-awareness.

"Our society functions on sickly selfishness," said Harris. "It teaches that happiness, comfort and even healing depends upon buying, consuming and finding quick relief. Our competitive culture teaches us to be ashamed of looking unhappy or struggling."

The path of sacred selfishness helps the reader remember that going off track may be necessary for growth and reawakening.

Sacred Selfishness is available at www.amazon.com and wherever books are sold.