

Selfie How The West Became Self Obsessed

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Selfie — How the West Became Self-Obsessed In many cases, suicidal thoughts are triggered by trying to measure up to a culturally imposed, ideal version of ourselves.

Review: Selfie, How the West Became Self-Obsessed | by ...

He is a contributing editor at Esquire magazine. We live in the age of the individual. We are supposed to be slim, prosperous, happy, extroverted and popular. This is our culture's image of the perfect self.

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Selfie is a compelling and immersive investigation into the rise of the Western world's love of the self. Starting in Ancient Greece with Aristotle, Will Storr tracks the rise of our self regard and the equivalent fall of our belief in community and the common good.

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Selfie, without being remotely fluffy, just might be the ultimate in post-truth comfort reading -- Caroline Sanderson * Bookseller * One of my absolute favourite writers -- Decca Aitkenhead Moving, wise, compelling and timely, this brilliant and absorbing book investigates the faultline between our oldest human needs and the terrible pressures of technology -- Marcel Theroux Selfie is an ...

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Early in Selfie, Will Storr observes that the rise of social media, with its attendant “social perfectionism” (whereby we regularly compare ourselves to others via their meticulously curated online profiles), appears to have made Westerners increasingly dissatisfied with themselves. We live in an age of “heightened individualism”, Storr says, one in which success—being slim, rich, happy, extroverted, and popular—is a personal responsibility.

Selfie: How We Became So Self-Obsessed and What It's Doing ...

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Selfie: How the West Became Self-Obsessed: Will Storr ...

To answer these questions, Selfie by Will Storr takes us from the shores of Ancient Greece, through the Christian Middle Ages, to the self-esteem evangelists of 1980s California, the rise of narcissism and the selfie generation, and right up to the era of hyper-individualistic neoliberalism in which we live now.

“An intriguing odyssey” though the history of the self and the rise of narcissism (The New York Times). Self-absorption, perfectionism, personal branding—it wasn’t always like this, but it’s always been a part of us. Why is the urge to look at ourselves so powerful? Is there any way to break its spell—especially since it doesn’t necessarily make us better or happier people? Full of unexpected connections among

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history, psychology, economics, neuroscience, and more, *Selfie* is a “terrific” book that makes sense of who we have become (NPR’s On Point). Award-winning journalist Will Storr takes us from ancient Greece, through the Christian Middle Ages, to the self-esteem evangelists of 1980s California, the rise of the “selfie generation,” and the era of hyper-individualism in which we live now, telling the epic tale of the person we all know so intimately—because it’s us. “It’s easy to look at Instagram and selfie-sticks and shake our heads at millennial narcissism. But Will Storr takes a longer view. He ignores the easy targets and instead tells the amazing 2,500-year story of how we’ve come to think about our selves. A top-notch journalist, historian, essayist, and sleuth, Storr has written an essential book for understanding, and coping with, the 21st century.” —Nathan Hill, New York Times-bestselling author of *The Nix* “This fascinating psychological and social history . . . reveals how biology and culture conspire to keep us striving for perfection, and the devastating toll that can take.”—The Washington Post “Ably synthesizes centuries of attitudes and beliefs about selfhood, from Aristotle, John Calvin, and Freud to Sartre, Ayn Rand, and Steve Jobs.” —USA Today “Eminently suitable for readers of both Yuval Noah Harari and Daniel Kahneman, *Selfie* also has shades of Jon Ronson in its subversive humor and investigative spirit.” —Bookseller “Storr is an electrifying analyst of Internet culture.” —Financial Times “Continually delivers rich insights . . . captivating.” —Kirkus Reviews

A compelling new work about the mysterious power of the self and the danger of our modern obsession with it, from the author of *The Heretics*. "So interesting I literally couldn't put it down." Sunday Times We live in the age of the individual. We are supposed to be slim, prosperous, happy, extroverted and popular. This is our culture's image of the perfect self. We see this person everywhere: in advertising, in the press, all over social media. We're told that to be this person you just have to follow your dreams, that our potential is limitless, that we are the source of our own success. But this model of the perfect self can be extremely dangerous. People are suffering under the torture of this impossible fantasy. Unprecedented social pressure is leading to increases in depression and suicide. Where does this ideal come from? Why is it so powerful? Is there any way to break its spell? To answer these questions, *Selfie* takes us from the shores of Ancient Greece, through the Christian Middle Ages, to the self-esteem evangelists of 1980s California, the rise of narcissism and the selfie generation, and right up to the era of hyper-individualistic neoliberalism in which we live now. It tells the extraordinary story of the person we all know so intimately - ourselves. MORE PRAISE FOR SELFIE "Will Storr is a versatile, imaginative, committed long-form journalist with a populist touch ... a talented, ambitious writer." Independent "Storr can open chapters like a stage conjurer, and his prose has an easy, laconic style embracing Jon Ronson's taste for the fabulously weird and Louis Theroux's ability to put his subjects at ease. He is a funny and companionable guide" Guardian "It's easy to look at Instagram and "selfie-sticks" and shake our heads at millennial narcissism. But Will Storr takes a longer view. He ignores the easy targets and instead tells the amazing 2,500-year story of how we've come to think about our selves. A top-notch journalist, historian, essayist, and sleuth, Storr has written an essential book for understanding, and coping with, the 21st century" Nathan Hill, author of *The Nix* "Moving, wise, compelling and timely, this brilliant and absorbing book investigates the faultline between our oldest human needs and the terrible pressures of technology" Marcel Theroux "Selfie also has shades of Jon Ronson in its subversive humour and investigative spirit ... Selfie, without being remotely fluffy, just might be the ultimate in post-truth comfort reading" Bookseller "I've come to consider Will Storr the best writer out there in terms of writing about human experience and the concepts and complexities of psychology. I've never seen such a well-thought-through and well-argued piece of work as *Selfie*, really taking ideas around self-esteem back to their philosophical and historical origins - and pulling them all to pieces. I loved it." Professor Sophie Scott, Deputy Director, Institute of

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Cognitive Neuroscience, University College London "You'll find yourself repeating entire sections of Selfie to your friends, and passing them off as your own." Cosmopolitan

'Fascinating' Guardian 'Brilliant' Evening Standard 'Electrifying' Financial Times 'So interesting I literally couldn't put it down' Sunday Times We are living in an age of heightened individualism. Success is a personal responsibility. Our culture tells us that to succeed is to be slim, rich, happy, extroverted, popular – flawless. The pressure to conform to this ideal has changed who we are. We have become self-obsessed. And our expectation of perfection comes at a cost. Millions are suffering under the torture of this impossible fantasy. It was not always like this. To explain how we got here, Will Storr takes us on a journey across continents and centuries. Full of thrilling and unexpected connections between history, psychology, economics, neuroscience and more, Selfie is an unforgettable book that makes sense of who we have become. As featured on Russell Brand's Under The Skin podcast.

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The compelling, groundbreaking guide to creative writing that reveals how the brain responds to storytelling Stories shape who we are. They drive us to act out our dreams and ambitions and mold our beliefs. Storytelling is an essential part of what makes us human. So, how do master storytellers compel us? In The Science of Storytelling, award-winning writer and acclaimed teacher of creative writing Will Storr applies dazzling psychological research and cutting-edge neuroscience to our myths and archetypes to show how we can write better stories, revealing, among other things, how storytellers—and also our brains—create worlds by being attuned to moments of unexpected change. Will Storr's superbly chosen examples range from Harry Potter to Jane Austen to Alice Walker, Greek drama to Russian novels to Native American folk tales, King Lear to Breaking Bad to children's stories. With sections such as "The Dramatic Question," "Creating a World," and "Plot, Endings, and Meaning," as well as a practical, step-by-step appendix dedicated to "The Sacred Flaw Approach," The Science of Storytelling reveals just what makes stories work, placing it alongside such creative writing classics as John Yorke's Into the Woods: A Five-Act Journey into Story and Lajos Egri's The Art of Dramatic Writing. Enlightening and empowering, The Science of Storytelling is destined to become an invaluable resource for writers of all stripes, whether novelist, screenwriter, playwright, or writer of creative or traditional nonfiction.

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Interweaves personal memoir and investigative journalism with the latest neuroscience and experimental psychology research to reveal how the stories individuals tell themselves about the world shape their beliefs, leading to self-deception, toxic partisanship, and science denial.

‘Will Storr is one of our best journalists of ideas ... The Status Game might be his best yet’ James Marriott, Books of the Year, The Times

The newly updated book dedicated to the selfie photography of Kim Kardashian, featuring sixty-four new pages of the latest snaps of Kim’s children, her immediate family, and some of the world’s most prominent figures. From her early beginnings as a wardrobe stylist, Kim Kardashian has catapulted herself into becoming one of the most recognizable celebrities in Hollywood. Hailed by many (including Givenchy designer Riccardo Tisci) as the modern-day Marilyn Monroe, Kim has become a true American icon. With her curvaceous style, successful reality TV show *Keeping Up with the Kardashians*, DASH clothing store, makeup and perfume lines, and workout DVDs, she has acquired a massive fan following in the multi-millions. Through Instagram, Twitter, and Facebook, Kim connects with her legions of fans on a daily basis, sharing details of her life with her selfie photography. Widely regarded as a trailblazer of the selfie movement—a self-portrait for the digital age—Kim has mastered the art of taking flattering and highly personal photos of herself. This updated volume presents 64 new pages of some of Kim’s favorite selfies—from her favorite throwback images and current ultra-sexy glam shots to newly snapped selfies with Serena Williams, Hillary Clinton, and President Barack Obama—*Selfish* provides readers with a behind-the-scenes look into this larger-than-life star. This revised and expanded edition features previously unpublished images of her children and immediate family.

Learn to love yourself and your body with this interactive guide from the “shame-free, fun, cheerful, and no-nonsense” (Bustle) body acceptance advocate and influencer who founded Megababe beauty. “Brilliant, hilarious, adorably illustrated.”—Goop Can you imagine how much free time you’d have if you didn’t spend so much of it body shaming yourself? Katie Sturino knows all too well what it’s like to shit talk yourself. She spent thirty years of her life feeling ashamed of her body and its self-determined wrongness. Now she doesn’t care what anyone thinks of her; she only cares that she’s happy and comfortable with herself. Body positivity and size inclusivity is still a relatively new phenomenon, but Sturino has dedicated her life to unlearning all that beauty standard BS and uses her blog, Instagram, podcast, and non-toxic, solution-oriented beauty products to share the message that changed her life: **YOUR BODY IS NOT THE PROBLEM**. With *Body Talk*, an illustrated guide-meets-workbook, Sturino is here to help you stop obsessing about your body issues, focus on self-love, and free up space in your brain for creative and productive energy. Complete with empowering affirmations, relatable anecdotes, and actionable takeaways, as well as space to answer prompts and jot down feelings and inspirations, *Body Talk* encourages you to spend less time thinking about how you look and what you eat and more time discovering your inner fierceness.

When journalist and ghost sceptic Will Storr heads to Philadelphia to meet Lou Gentile, a demonologist, he expects a little fun with an amusing eccentric. What he gets are terrifying experiences of spectral lights and horrific demonic growling - and all of his safe, adult preconceptions about ghosts instantly vanish. In the cold light of day, Will decides on a quest for the truth about ghosts. He meets professional paranormal investigators and takes part in séances and a vigil in the most haunted house in Britain, tries out divining rods and

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ouija boards, and goes on set with TV's Most Haunted. But Will also seeks out the sceptics in clinical psychology and philosophy who ask if spirits are really just in our heads. His journey is full of bizarre, terrifying and hilarious experiences, each one a new insight into life, death and what might come after.

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