



You Are Not What You Think: The Egoless Path to Self-Esteem and Generous Love

David Richo

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A healthy ego is necessary to achieving our goals, to building healthy relationships, and to leading a satisfying and meaningful life. But an ego that gets *too* big—that becomes *egotism*—can actually inhibit all those wonderful possibilities. In this luminous guide, David Richo offers wisdom from psychology, myth, and spiritual traditions to show us how to let go of the kind of ego that causes suffering for ourselves and others. As a wonderful result, we gain self-confidence and find new ways to love too. It's not a matter of getting rid of ego but of *seeing through it*. When we learn to do that, Dave says, we'll discover the core of indestructible goodness in our enlightened nature. Then, when we see "big ego" expressed in ourselves or others, we begin to regard it with compassion rather than disdain. We are truly, Dave shows, not what we think but much, much more.

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