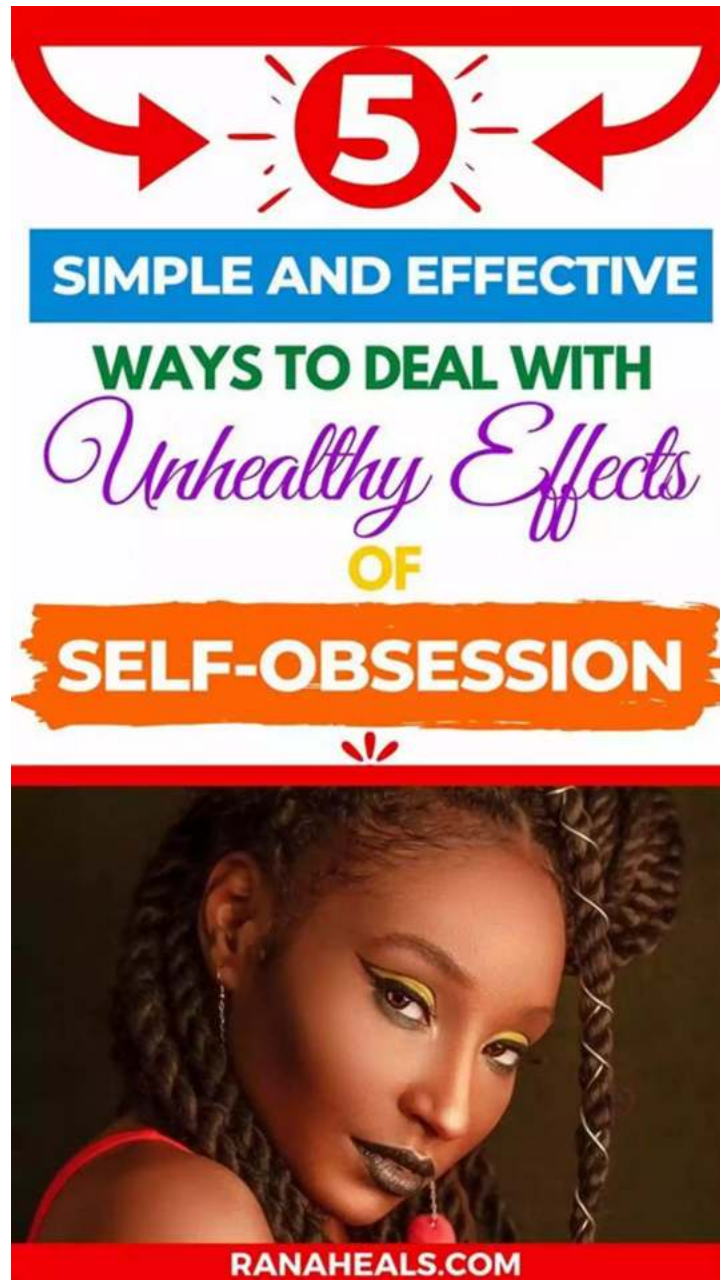


# How We Became So Self-Obsessed And What It's Doing To Us

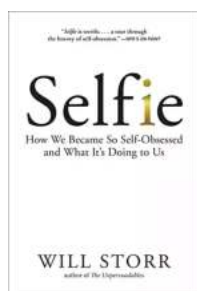


Have you ever wondered why people seem more self-obsessed than ever before? With the rise of social media, the obsession with self-image and personal achievements has reached new heights. In this article, we will

explore the factors that contributed to this shift and discuss the detrimental effects it has on our mental health, relationships, and society as a whole.

## The Age of Social Media

Social media platforms have revolutionized the way we communicate and connect with others. However, they have also contributed significantly to the rise of self-obsession. In the pursuit of likes, comments, and followers, people have become more focused on crafting the perfect image of themselves. This constant need for validation has fueled our obsession with self-worth and external approval.



### Selfie: How We Became So Self-Obsessed and What It's Doing to Us by Will Storr(Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English  
File size : 2097 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 416 pages  
Lending : Enabled



Moreover, the curated nature of social media feeds and the ability to create a carefully constructed online persona has led to a distorted sense of reality. Many individuals compare their own lives to the seemingly perfect lives of others, further fueling feelings of inadequacy and self-obsession.

## The Culture of Individualism

We live in a society that values individualism and personal achievements above all else. The pursuit of success has become a primary driving force for many, creating a culture of self-obsession. Whether it is through constantly seeking career advancements, pursuing material possessions, or striving for the perfect body, the focus has shifted from collective well-being to individualistic goals.

This culture of individualism has also affected our relationships. The rise of self-obsession has caused a decline in empathy and genuine connection with others. People are becoming more self-centered, making it difficult to establish meaningful relationships based on mutual understanding and support.



## **The Impact on Mental Health**

The rise of self-obsession has taken a toll on our mental health. Constantly seeking validation and comparing ourselves to others can lead to increased

levels of anxiety, depression, and low self-esteem. The pressure to maintain a perfect image and exceed societal expectations has become overwhelming for many individuals.

Addiction to social media and the need to constantly showcase our achievements can also lead to feelings of emptiness and dissatisfaction. Instead of experiencing genuine moments of joy and fulfillment, people are trapped in a cycle of seeking external validation and approval, which ultimately leaves them feeling unfulfilled.

## **Breaking Free from Self-Obsession**

Recognizing the negative impact of self-obsession is the first step towards breaking free from its grip. Here are some strategies you can implement:

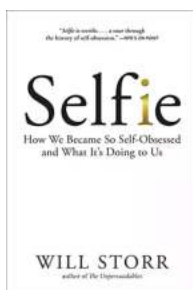
1. Practice self-reflection and mindfulness to develop a deeper understanding of your values and priorities.
2. Limit your social media usage and set boundaries to prevent it from taking over your life.
3. Foster genuine connections by being present and empathetic in your relationships.
4. Focus on personal growth and fulfillment rather than external validation.
5. Engage in activities that promote self-care and self-compassion.

## **The Road to a More Balanced Society**

To create a more balanced society, we must shift our focus from self-obsession to collective well-being. By fostering empathy, promoting

genuine connections, and encouraging a culture of collaboration rather than competition, we can create a positive ripple effect on societal values.

Let us reflect on our own behaviors and become agents of change. By breaking free from the chains of self-obsession, we can cultivate healthier relationships, improve our mental well-being, and contribute to a more harmonious world.



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“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 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*



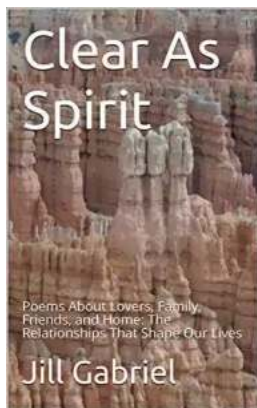
“This fascinating psychological and social history . . . reveals how biology and culture conspire to keep us striving for perfection, and the devastating toll that can take.” —The Washington Post

“Able 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

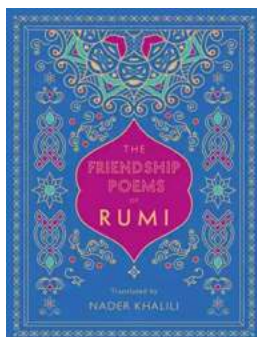
“Storr is an electrifying analyst of Internet culture.” —Financial Times

“Continually delivers rich insights . . . captivating.” —Kirkus Reviews



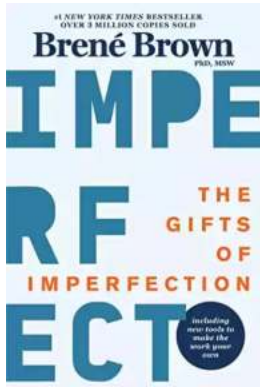
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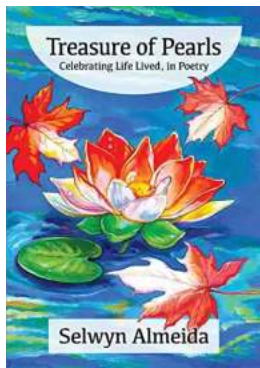
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