



# Escaping the Self: Alcoholism, Spirituality, Masochism, and Other Flights from the Burden of Selfhood

*Roy F. Baumeister*

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## **Escaping the Self: Alcoholism, Spirituality, Masochism, and Other Flights from the Burden of Selfhood** Roy F. Baumeister

Presents a new view of the darker side of human nature. America's concern with self-fulfilment and personal identity has become a burden for many people. Overwhelmed by the demands of creating and maintaining a positive self-image, some are turning to potentially dangerous escapist practices.

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