



Your Symphony of Selves
Discover and Understand More of Who We Are

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ISBN: 9781644110263, August 2020
Also available as an ebook
Paperback: \$19.99, 448 pages, 6 x 9
Includes 94 b&w illustrations
Imprint: Park Street Press

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NEW BOOK ANNOUNCEMENT

New Groundbreaking Insight into the Dynamic Nature of Personality

James Fadiman and Jordan Gruber show that each of us consists of distinct, autonomous, and inherently valuable “selves.” Explaining that it is normal to have multiple selves, the authors offer insights into why we all are inconsistent at times, allowing us to become more accepting of the different parts of who we and other people are. They explore, through extensive reviews, how the concept of healthy multiple selves has been supported in science, popular culture, spirituality, philosophy, art, literature, and ancient traditions and cite well-known people, including David Bowie and Beyoncé, who describe accessing another self at a pivotal point in their lives to resolve a pressing challenge.

Instead of seeing the existence of many selves as a flaw or pathology, the authors reveal that the healthiest people, mentally and emotionally, are those who have naturally learned to appreciate and work in harmony with their own symphony of selves. They identify the “Single Self Assumption” as the prime reason why the benefits of having multiple selves has been ignored. This assumption holds that we each are or ought to be a single consistent self, yet we all recognize, in reality, that we are different in different situations.

Offering a pragmatic approach, the authors show how you can prepare for situations by shifting to the appropriate self, rather than being “switched” or “triggered” into a sub-optimal part of who you are. They also show how recognizing your selves provides increased access to skills, talent, and creativity; enhanced energy; and improved healing and pain management. Appreciating your diverse selves will give you more empathy toward yourself and others. By harmonizing your symphony of selves, you can learn to be “in the right mind at the right time” more often.



About the Author: James Fadiman, Ph.D., with degrees from Harvard and Stanford, was the president of two companies, taught at four universities, is an international seminar leader, and has written textbooks, trade books, and novels. Consulting clients have included IBM, Hewlett-Packard, a Federal Reserve bank, and Foster's Freeze. He is one of the foremost researchers in microdosing studies and is a co-founder of Sophia University. He has been researching healthy



multiplicity for more than 20 years and lives with his filmmaker wife in Menlo Park, California. **Jordan Gruber, J.D.**, writer, collaborative writer, ghost writer, and editor, has forged and sculpted authoritative volumes in forensic law, financial services, and self-development. A graduate of Binghamton University and the University of Virginia School of Law, he founded the Enlightenment.com website and is now a leading advocate of rebound exercise through the SuperBound Project. He lives in Menlo Park, California, with his wife and family.