



Beyond Me, My Selfie, and I: Finding Real Happiness in a Self-Absorbed World

By Teresa Tomeo

Servant Books, United States, 2016. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book. You might not know it by observing popular media, but the world does not revolve around me, my selfie and I . Teresa Tomeo, media expert and host of the syndicated radio program Catholic Connection, believes selfie culture represents a society that is losing touch with its humanity. In Beyond Me, My Selfie and I, she offers real ways to rebel against the narcissism of modern life and rediscover our relationship with each other, the beauty of nature and, most importantly, God. Tomeo explores Church teachings and Scripture passages about self-centeredness versus other-centeredness, as well as the thoughts of Popes John Paul II, Benedict and Francis, all of whom have written and spoken extensively about the proper use of media. She s also gathered practical advice from a number of media experts on how to find balance when it comes to selfies and other media activities. Tomeo makes the case for selfie control, with advice for moms and dads on navigating today s media minefields. She ll also provide research-backed methods for finding real happiness by giving and putting others first...



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