

REVISED EDITION

"Clear, bold and powerful" — Ken Wilber

# THE ELEGANT SELF

A RADICAL APPROACH TO PERSONAL  
EVOLUTION FOR GREATER INFLUENCE IN LIFE



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**The Elegant Self, A Radical Approach to Personal  
Evolution for Greater Influence in Life**



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An Important But Flawed Book The Elegant Self is a good and important book. It targets what has been termed "cognitive advancement" psychology or, alternatively, subject-object theory, as popularized by Robert Kegan in his book "In Over Our Heads". There are some overlaps here with concepts I recognize from Integral Theory around adult developmental growth, and some excellent considerations of and practical applications of Robert Kegan's work. Essentially, this calls for the making into items of understanding what experienced previously been an unacknowledged portion of the subjective self. I have downgraded the review to four stars predicated on two factors. Additional reviews do an excellent job of describing this process. The importance of the problem addressed in the book would indicate a five star rating, as seen by the various other reviews posted here. A lot of the concentrate is on getting into the 4th of five phases, or from the autonomous self to the transforming self. First, the writing style is needlessly complicated. Terrific book for instructors, therapists, and individuals attempting to end up being resourced and educated at their very own own leading edge of growth. In particular, the syntax is overly challenging, and for that reason I discovered myself slowed up to simply identify the stream of a specific sentence. The author here has not completed this. Second, the author seems to walk out his means of avoiding any spiritual language in favor of psychological terminology. Nevertheless, this transition type stage three to stage four is normally precisely where the spiritual begins to say itself as more principal than mere ego working. But I wish him all the success with this publication that he deserves. Likewise, there are numerous examples where the concept of witnessing is explained in complicated psychological terminology instead of using a phrase that might be too closely aligned with the spiritual. Bought Kindle version, got halfway through and bought hardcover + extra copies Highly recommended for anybody thinking about personal growth, enhancing their relationships and performance at the job, or simply achieving a better understanding of the dynamics and processes simply because you aspire to become that "next version of you" that you may be thinking about achieving. A remarkable book. Deeply inspiring and insightful with techniques that few books are. Elegant Self is a MUST read. It can a decent work of summarizing this and additional related approaches to psychology and, moreover, provides some assistance to individuals thinking about evolving to higher means of experiencing the globe. Filled with great questions and exercises to stimulate your considering around your own situation and to help personalize the lessons and insights to create them more durable and sustainable. I expect to go back to this publication many times, personalizing it with notes and dog-eared pages - the key reason why the Kindle version by itself was just not quite up to my needs. I really can't recommend this publication highly enough. Simply buy it. Really. If you find it's not your glass of tea, present it to somebody in your life with passions that run this

path - they'll enthusiastically many thanks for it.(No, I have no idea this author. In a single particularly egregious example, the writer refers to a fitness to "inhabit the technology of stillness" when he describes what is clearly meditation but without mentioning the term itself.) Terrific book for coaches An informative and inspiring articulation of where evolution & advancement is and will go at its industry leading! Buy this book for yourself and as gifts for all you colleagues and close friends. While a hard subject, the role of an writer is to present it as merely as possible. Advanced Stages of Individual Development A good synthesis of Keegan and Cook-Greuter 's levels of development from an author with a Non-Dual perspective. A MUST READ For anybody in the Leadership Development world. leading edge human development Cutting edge insights on individual growth in to the higher stages of advancement.. I recommend this book Everyone Must Go through! It is sometimes slow going, some passages requiring multiple re-readings for me to experience that I am aware it well enough to move on. Everyone must read!. This is essential read for the 21st century individual. In the spirit of Kegan's The Evolving Self and In Over Our Heads, Rob takes it up a notch by fully articulating the complexity of consciousness that human beings must develop to deal with this new era of immensely complex complications, which humanity offers and is now entering. Not only does he articulate the Elegant or self-transforming person, but he also provides the means to get there. Deeply grounded in study, but making it accessible and understandable by describing where in fact the challenges and great things about further growth arrive inside our lives and work. It's insightful, engaging, thought-provoking and deep. Deep insight Great book to comprehend the individual emergence and the way how to be familiar with the Elegant Personal. As article writer suggests reading by absorbing, applying, thinking and doing the exercises are extremely important..Gives you a wide angle view of where you are and where you are headed.



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