

EGO

EVOLUTION



**THE REASONS BEHIND
AND THE PLAN TO BUILD A HEALTHY EGO**



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Table Of Contents

Foreword

Chapter 1:

Ego Basics- Why You Need To Develop Your Ego

Chapter 2:

Work On Honesty

Chapter 3:

Work On Courage And Exploration

Chapter 4:

Serve Others To Develop Your Ego

Chapter 5:

Engage With Life

Chapter 6:

The Dangers Of A Damaged Ego

Wrapping Up

Foreword

It is important for us all to ensure that our egos are strong and healthy. Our ego is our identity. It is who we believe ourselves to be and as such is a reference point and our “home in the world.” The ego is individuality. As our identity it sets us apart from other people’s identity. Get your ego in order here.



Ego Evolution

The Reasons Behind And The Plan To Build A Healthy Ego

Chapter 1:

Ego Basics- Why You Need To Develop Your Ego

The ego is the centre of consciousness and is the “eye” through which we perceive the world. Our decision making is determined by our ego and it implements our will. The ego can be seen as an interface between the human world of society and individuals.

