



Standing in Your Own Way: Talks on the Nature of Ego

Anthony Damiani

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What exactly is this "ego" that some tell us to assert, others tell us to deny, and still others say we must transform and transcend? Why is it there? When do we have it, and when does it have us? What is its relation to the world and to our soul? And how will our lives be better if we know? Anthony Damiani's down-to-earth, in-depth approach to these issues makes *Standing in Your Own Way* still the most invigorating and comprehensive treatment of these issues available. It cuts through the fog of cliches and propaganda that obscures the most immediate--and most painfully misunderstood--aspect of all the world's inspired spiritual teachings.

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