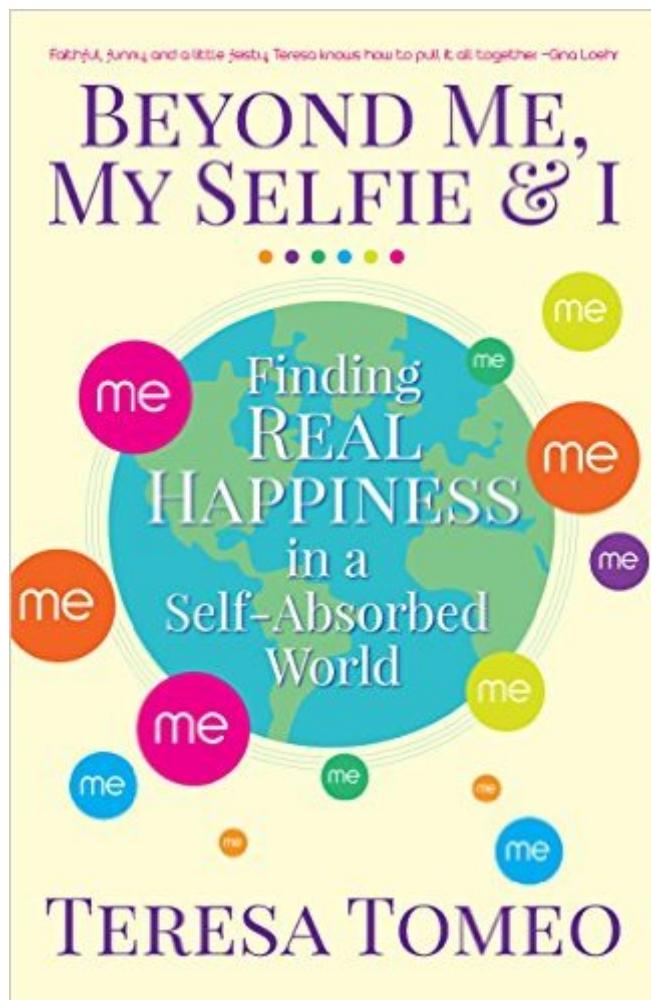


The book was found

Beyond Me, My Selfie, And I: Finding Real Happiness In A Self-Absorbed World



Synopsis

You might not know it by observing popular media, but the world does not revolve around a œme, my selfie and I. Teresa Tomeo, media expert and host of the syndicated radio program Catholic Connection, believes a œselfie 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. Sheâ™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 a œselfie control,â• with advice for moms and dads on navigating todayâ™s media minefields. Sheâ™ll also provide research-backed methods for finding real happiness by giving and putting others first rather than staying focused on oneself. When your identity is focused in Christâ"as opposed to yourselfâ"life becomes so much more than fleeting moments of attention. Youâ™ll read inspiring examples of individuals who made a real difference in the world, as well as people whose change in media habits changed their livesâ"and the lives of othersâ"in surprising ways.

Book Information

Paperback: 160 pages

Publisher: Servant (September 9, 2016)

Language: English

ISBN-10: 1632530465

ISBN-13: 978-1632530462

Product Dimensions: 0.8 x 5.8 x 8.5 inches

Shipping Weight: 6.4 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 starsÂ See all reviewsÂ (1 customer review)

Best Sellers Rank: #24,055 in Books (See Top 100 in Books) #44 inÂ Books > Christian Books & Bibles > Christian Living > Social Issues #556 inÂ Books > Christian Books & Bibles > Christian Living > Spiritual Growth #4866 inÂ Books > Religion & Spirituality

Customer Reviews

I should probably admit I just love anything Teresa Tomeo writes, it always feels like a personal conversation. I didn't really believe I have a selfie problem, after all I don't really like selfies and

rarely take them but reading this book, going through the "Quiz Times" I was forced to take a step back and really take a look at my screen awareness and time. I also really liked the "Come to the Quiet" section and the "Time for Self-Reflection" section. This book allowed to take a look at my social media presence and screen time, something I had been evaluating even though I didn't see my usage as problematic. I really enjoyed this book. I received this book free for my honest opinion from NetGalley and Franciscan Media.

[Download to continue reading...](#)

Beyond Me, My Selfie, and I: Finding Real Happiness in a Self-Absorbed World Selfish, Shallow, and Self-Absorbed: Sixteen Writers on the Decision Not to Have Kids Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) El Poder de la alegrÃ-a - The power of real Happiness: PequeÃ-os detalles que nos cambian la vida - Happiness Factory (LAS CLAVES PARA TENER Ã‰XITO EN LA VIDA) (Spanish Edition) The Pursuit of Happiness: Ten Ways to Increase Your Happiness (Paul G. Brodie Seminar Series Book 3) The Real Book of Real Estate: Real Experts. Real Stories. Real Life Catastrophic Happiness: Finding Joy in Childhood's Messy Years Real Estate: 30 Best Strategies to Prosper in Real Estate - Real Estate Investing, Financing & Cash Flow (Real Estate Investing, Flipping Houses, Brokers, Foreclosure) Finding Dory Little Golden Book (Disney/Pixar Finding Dory) Finding Dory Big Golden Book (Disney/Pixar Finding Dory) God Was in This Place & I, I Did Not Know_25th Anniversary Ed: Finding Self, Spirituality and Ultimate Meaning The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace Mandala Coloring Book: 100+ Unique Mandala Designs and Stress Relieving Patterns for Adult Relaxation, Meditation, and Happiness (Magnificent Mandalas) (Volume 1) Color Yourself to Happiness: And reduce stress with these magical illustrations of animals, flowers, birds, and trees Adult Coloring Books: Awesome Animal Designs and Stress Relieving Mandala Patterns for Adult Relaxation, Meditation, and Happiness (Awesome Animals) (Volume 1) Summary and Analysis of The Slight Edge: Turning Simple Disciplines into Massive Success and Happiness by Jeff Olson Self-Striping Yarn Studio: Sweaters, Scarves, and Hats Designed for Self-Striping Yarn Rabbit Medicine and Surgery: Self-Assessment Color Review, Second Edition (Veterinary Self-Assessment Color Review Series) Self Made: Becoming Empowered, Self-Reliant, and Rich in Every Way Florida Real Estate Law and Practice Explained (All Florida School of Real Estate - Florida Real Estate Mastery) (Volume 1)

[Dmca](#)