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REVIEWS

TITLE INFORMATION

DANCING WITH THE EGO

Bernice M. Winter

BalboaPress (206 pp.)

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BOOK REVIEW

A debut motivational work teaches readers how to grapple with their egos.

Many readers are aware of their true selves—the authentic people that live inside them. And yet it can be difficult to let those selves out. There is always some critical voice bringing up the past or telling them they aren't good enough to do this or that. These voices are their egos, and Winter wants to tell her audience how to keep them in check. "The final step that brought me to the place where I now live as my authentic self, as the person I knew existed when I was a child, was learning to dance with my ego," writes the author early in the book. "My greatest desire is for you to feel free to live as your genuine self—to live as who you were born to be." Winter argues that nearly all the personal problems that people experience—dissatisfaction at work, trouble in their marriages, fears of the future, regrets about the past—stem from paying too much attention to their egos at the expense of their authentic selves. Once readers are aware of their egos, they can begin to mitigate them. By nourishing and protecting their authentic selves, the author contends, readers can finally achieve all the dreams they've been saving up since childhood but could somehow never bring to fruition. Using personal anecdotes, hypothetical scenarios, and frequent questions, the author gets readers thinking about—and accessing—who they really are inside. Winter's prose is confident and direct, even when dealing with the many dark chapters of her biography: "Listening to my inner voice for the first time, I declared that I could see no benefit from reliving these horrifying events or dredging up old fears." The author's philosophy advocates rejecting the past (and any traumas within it) as much as possible, and for this reason she is skeptical of psychologists, therapists, and other mental health care professionals. This will likely discredit her in the eyes of many readers. But for those self-helpers looking for a clean break and a fresh start, Winter's ideas may have some resonance.

A well-written, if unorthodox, view on managing the self and the ego.