



## Less Ego... More Joy!

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How to let go of your best frenemy, your ego.

Torn between fear and desire, the ego wants to control it all. Freeing yourself from its grasp takes patience, skill, and hard work. Instead of trying to fight it, Massin suggests pacifying it: shining the light of self-awareness not only on our own desire and pain, but the pain we cause others, can help us understand the ego from the inside and break away from its repetitive strategies that deprive us of joy.

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