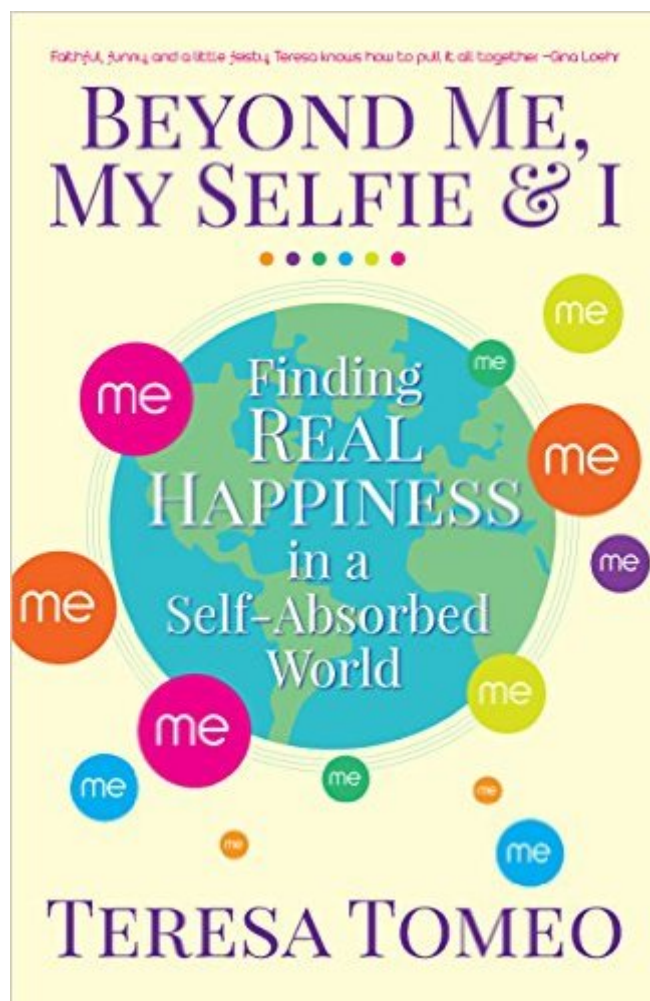


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# Beyond Me, My Selfie, And I: Finding Real Happiness In A Self-Absorbed World



## Synopsis

You might not know it by observing popular media, but the world does not revolve around *me*, my selfie and *I*. Teresa Tomeo, media expert and host of the syndicated radio program Catholic Connection, believes *selfie 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. She'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 *selfie control*, with advice for moms and dads on navigating today's media minefields. She'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 Christ—as opposed to yourself—life becomes so much more than fleeting moments of attention. You'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 lives—and the lives of others—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 stars [See all reviews](#) (1 customer review)

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

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