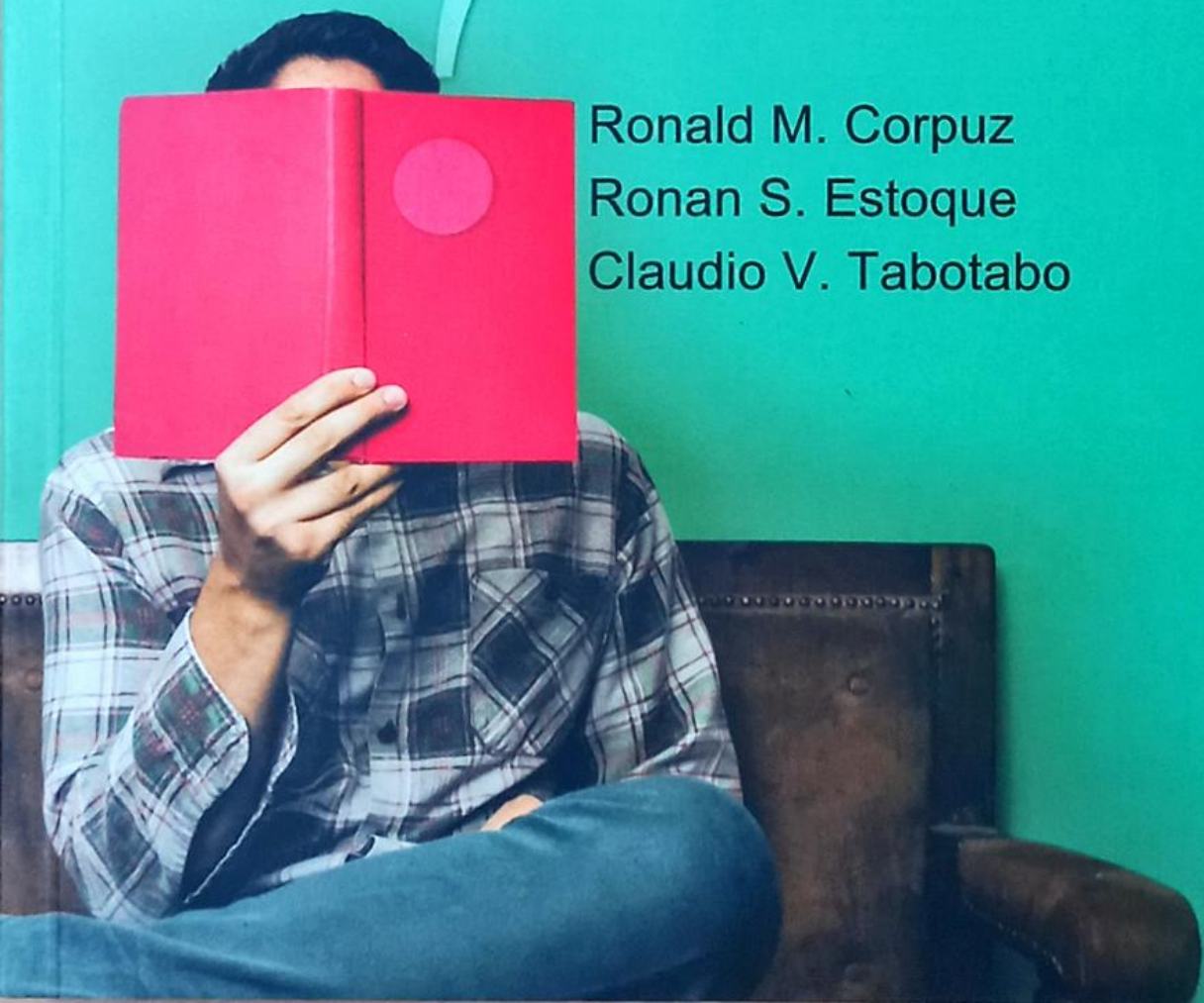


Understanding the SELF



Ronald M. Corpuz
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Claudio V. Tabotabo



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The Authors

Nothing is more tragic than a confused person who does not know who he is or who he is and functions beneath his or her potentials. Just by looking around, one will find striking contradictions—a politician behaving like a criminal, a father acting like his son, a teacher misbehaving like a student, or a singer pretending to be a preacher.

Answering basic riddles that confronted the self such as "who am I?" and "what am I doing here?" leads to a meaning in life, which in turn gives one purpose, and in essence, forms an accepted philosophy in life. The direction a person chooses may be based on working philosophies that serve to regulate or guide his appropriate words and behaviors, and thus avoid contradictions and dilemmas.

Understanding the Self presents a broad range of topics under the theme the self from various perspectives, deconstructing or unpacking the self, and managing or caring for the self. It must be emphasized that understanding the self is a multidisciplinary approach and endeavor and that no discipline supersedes other disciplines in comprehending the self. Various perspectives on the self, offering a wider view on what the self is, are out of glimpse of oneself, are available in one's discipline.

—The Authors

The Book

Understanding the Self attempts to assist students in answering basic riddles that confound the self such as *Who am I?* and *What am I doing here?* With this in mind, this material presents a wide range of topics under these themes—the self from various perspectives, deconstructing or unpacking the self, and managing and caring for the self. This material emphasizes that understanding the self is a multidisciplinary approach and endeavor, and that no discipline supersedes other disciplines in comprehending the self. Through the discussions and learning activities in this textbook, it is hoped that students discover and/or reinforce their understanding of their selves so as to define their purpose in life and act accordingly.



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