

# GET OVER YOURSELF

REBELLING AGAINST THE  
CULTURE OF NARCISSISM

## Part 1: SELF-ESTEEM: The Culture of Me

In the rush to create self-worth, our culture may have opened the door to something darker and more sinister.

~ Jean M. Twenge, Ph.D. & W. Keith Campbell, PhD.  
*The Narcissism Epidemic: Living in the Age of Entitlement*

Our self-absorption is not only slowly killing us personally but also setting up our whole world for a tragic collapse.

~ David A. Zimmerman  
*Deliver Us from Me-Ville*

The desire to have a profound self-confidence without any self-development is becoming obvious in our culture. Self-esteem becomes a new form of entitlement. We have a *right* to feel good about ourselves.

~ Terry Cooper (Psychologist)  
*Sin, Pride & Self-Acceptance*

In trying to build a society that celebrates high self-esteem, self-expression, and “loving yourself,” [North] Americans have inadvertently created more narcissists – and a culture that brings out the narcissistic behaviour in all of us.

~ Jean M. Twenge, Ph.D. & W. Keith Campbell, PhD.  
*The Narcissism Epidemic: Living in the Age of Entitlement*

You may not realize it, but everyone is born with their one true love – themselves. If you like you, everyone else will, too.

~ NBC Public Service Announcement

Loving yourself means knowing how great you are and not letting any person, any place, or anything ever get in the way of that.

~ Diane Mastromarino, *The Girl's Guide to Loving Yourself: A Book About Falling in Love with the One Person Who Matters Most... You*

This extreme self-esteem is justified since this generation will be remembered as the greatest generation of all time

~ Kile Johnson, University Student  
Quoted in *The Daily Pennsylvanian*

Show me someone without an ego, and I'll show you a loser.

~ Donald Trump

You are God in a physical body. ... You are all power. You are all wisdom. You are all intelligence. You are perfection. You are magnificence. You are the creator... You are the Supreme Mind.

~ Rhonda Byrne  
*The Secret*

A man's got to know his limitations.

~ Clint Eastwood  
*Magnum Force*

Love God, love yourself, love others – in that order. I don't think you can show compassion, be respectful and kind, if you can't love yourself.

~ Joel Osteen  
*People Magazine interview*

In humility value others above yourselves.

~ The Apostle Paul, *Philippians 2:3*

**'You must love the LORD your God with all your heart, all your soul, and all your mind.'** This is the first and greatest commandment. A second is equally important: **'Love your neighbour as yourself.'**

~ Jesus