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# WHAT MAKES A HERO?

*The Surprising  
Science of  
SELFLESSNESS*

ELIZABETH SVOBODA

# What Makes A Hero The Surprising Science Of Selflessness

**Elizabeth Svoboda**



## **What Makes A Hero The Surprising Science Of Selflessness:**

**What Makes a Hero?** Elizabeth Svoboda, 2013-08-29 An entertaining investigation into the biology and psychology of why we sacrifice for other people Researchers are now applying the lens of science to study heroism for the first time How do biology upbringing and outside influences intersect to produce altruistic and heroic behavior And how can we encourage this behavior in corporations classrooms and individuals Using dozens of fascinating real life examples Elizabeth Svoboda explains how our genes compel us to do good for others how going through suffering is linked to altruism and how acting heroic can greatly improve your mental health She also reveals the concrete things we can do to encourage our most heroic selves to step forward It s a common misconception that heroes are heroic just because they re innately predisposed to be that way Svoboda shows why it s not simply a matter of biological hardwiring and how anyone can be a hero if they re committed to developing their heroic potential

**Myth of the Modern Hero** Jane L. Bownas, 2017-11-21 The idea of the hero originates in myths from the distant past and has been applied to many different concepts in different societies cultures and historical time periods As a mythical signifier the meaning of the word hero changes according to the intentions of the user and this study examines some of the ways in which heroic myths have been created either to justify the actions of those in power or to produce an imaginary ideal to which the majority can aspire The warrior heroes of Greek legend fighting for individual glory and honour have little in common with the soldiers fighting in the wars of the twentieth century resulting in the creation of a new hero myth that of the patriotic dutiful and obedient soldier As a result of wars and the emergence of new states there is a need for new myths depicting heroes who fight and if necessary die in order to defend their nation Heroic myths are important for those seeking power and this study considers the extent to which Germanic myths played a part in the emergence of Hitler as a heroic leader In recent times the idea of the hero with which people most readily identify is the extreme altruist someone who is ready to risk their own life to save the life of another person The possible origins of and reasons for such behaviour are examined All humans possess the potential to act in ways which might be considered to be heroic even when this involves living an ordinary life with courage and endurance

**The Social Psychology of Good and Evil** Arthur G. Miller, 2016-06-06 This timely accessible reference and text addresses some of the most fundamental questions about human behavior such as what causes racism and prejudice and why good people do bad things Leading authorities present state of the science theoretical and empirical work Essential themes include the complex interaction of individual societal and situational factors underpinning good or evil behavior the role of moral emotions unconscious bias and the self concept issues of responsibility and motivation and how technology and globalization have enabled newer forms of threat and harm New to This Edition Many new authors extensively revised with the latest theory and research Section on group perspectives with chapters on bystanders to emergencies remembering historical victimization organizational dynamics and globalization and terrorism Chapters on free will conscious versus unconscious processes media violence

dehumanization genocide and sexual violence Chapters on false moral superiority compassionate goals in relationships and moral emotions in incarcerated offenders      Encyclopedia of Heroism Studies ,2024-10-01 This reference work is an important resource in the growing field of heroism studies It presents concepts research and events key to understanding heroism heroic leadership heroism development heroism science and their relevant applications to businesses organizations clinical psychology human wellness human growth potential public health social justice social activism and the humanities The encyclopedia emphasizes five key realms of theory and application Business and organization focusing on management effectiveness emotional intelligence empowerment ethics transformational leadership product branding motivation employee wellness entrepreneurship and whistleblowers clinical health psychology and public health focusing on stress and trauma maltreatment emotional distress bullying psychopathy depression anxiety family disfunction chronic illness and healthcare workers wellbeing human growth and positive psychology discussing altruism authenticity character strengths compassion elevation emotional agility eudaimonia morality empathy flourishing flow self efficacy joy kindness prospection moral development courage and resilience social justice and activism highlighting anti racism anti bullying civil disobedience civil rights heroes climate change environmental heroes enslavement heroes human rights heroism humanitarian heroes inclusivity LGBTQ heroism metoo movement heroism racism sustainability and women s suffrage heroes and humanities relating to the mythic hero s journey bliss boon crossing the threshold epic heroes fairy tales fiction language and rhetoric narratives mythology hero monomyth humanities and heroism religious heroes and tragic heroes      **Stealth Altruism** Arthur B. Shostak,2017-07-12 Though it has been nearly seventy years since the Holocaust the human capacity for evil displayed by its perpetrators is still shocking and haunting But the story of the Nazi attempt to annihilate European Jewry is not all we should remember Stealth Altruism tells of secret non militant high risk efforts by Carers those victims who tried to reduce suffering and improve everyone s chances of survival Their empowering acts of altruism remind us of our inherent longing to do good even in situations of extraordinary brutality Arthur B Shostak explores forbidden acts of kindness such as sharing scarce clothing and food rations holding up weakened fellow prisoners during roll call secretly replacing an ailing friend in an exhausting work detail and much more He explores the motivation behind this dangerous behavior how it differed when in or out of sight who provided or undermined forbidden care the differing experiences of men and women how and why gentiles provided aid and most importantly how might the costly obscurity of stealth altruism soon be corrected To date memorialization has emphasized what was done to victims and sidelined what victims tried to do for one another Carers provide an inspiring model and their perilous efforts should be recognized and taught alongside the horrors of the Holocaust Humanity needs such inspiration      **Can't Not Do** Paul Shoemaker,2015-07-20 With so many social challenges facing our world trying to effect change feels daunting The problems are complex the politics murky and the players innumerable Yet every day there are regular heroes making a significant impact on our most intractable social issues Can t Not Do is a

catchphrase for the urge that captures the heart of effective social change agents explaining in their own words their passion and drive I can't not do this It's not that I can do this it's that I can't not I could not imagine not doing something about this issue The surprising truth from the trenches is we already have numerous proven solutions for our many social challenges what our world needs most and what most changes our children's future are more people prepared and committed to act on their social impulses for the long haul Innovation helps Money helps too But greater numbers of committed people help the most If you feel an internal persistent call to do more for the world Can't Not Do will help you to bridge the gap between wanting to do and doing to access the drive of an effective change agent to break through self-imposed barriers to learn key principles for success and to start seeing yourself acting as a change agent There is no secret sauce someone is born with and no special club needed to be successful at social change Rather successful change agents share some fundamental orientations to the world and to their committed cause and over time learn certain lessons that help them become more effective These lessons are reflected in Can't Not Do in seven seemingly simple questions that provide guideposts and unlock the reader's potential to make a difference for a social cause they care about This isn't a self-help book It's an inspiring narrative intertwined with a street-readiness dialogue between the author and you between you and your inner aspirations These are authentic success stories vital questions and unconventional answers that can guide and inspire you to realize your greatest potential

**The Rotarian: September 2014**, The Life Heroic Elizabeth Svoboda, 2019-08-06 Heroes are superhuman Or at least it's easy to assume that when you read ripped from the news stories of derring-do But in reality almost anyone who's motivated can be a hero and the heroes who make the biggest impact aren't always the ones who make headlines This approachable research-backed guide will equip kids with the tools they need to become everyday heroes Along the way you'll hear from real heroes living out the truth of psychologist Phil Zimbardo's words Most heroes are ordinary It's the act of heroism that's extraordinary Bernard de Fontenelle Leonard Mendes Marsak, 1959

**Survival of the Nicest** Stefan Klein, 2014-01-21 Award-winning international bestselling science writer Stefan Klein explores the benefits of altruism on humanity in Survival of the Nicest The phrase survival of the fittest conjures an image of the most cutthroat individuals rising to the top But Stefan Klein author of The Science of Happiness makes the startling assertion that altruism is the key to lasting personal and societal success In fact altruism defines us Natural selection favored those early humans who cooperated in groups and with survival more assured our altruistic ancestors were free to devote brainpower to developing intelligence language and culture our very humanity Klein's groundbreaking findings lead him to a vexing question If we're really hard-wired to act for one another's benefit why aren't we all getting along He believes we've learned to mistrust our instincts because success is so often attributed to selfish ambition and with an extraordinary array of material current research on genetics and the brain economics social psychology behavioral and anthropological experiments history and modern culture he makes the case that generosity for its own sake remains the best way to thrive Stefan Klein an enticing

storyteller marshals the evidence for the value of altruism not only to one's family but much more interestingly to one's self and one's tribe Altruism is truly contagious Roald Hoffman Nobel Laureate A scholarly tour de force about why generosity makes good sense Survival of the Nicest is also compulsively readable Klein argues convincingly that helping others is one of the best things we can do for ourselves Elizabeth Svoboda author of What Makes a Hero The Surprising Science of Selflessness **Transactions of the American Philosophical Society** ,1959 Held at Philadelphia for promoting useful knowledge *New Scientist and Science Journal* ,1971 The Medieval Theories of the Just Price John W. Baldwin,Jorge Sahade,Knut Bergsland,William Charles Osman Hill,1959 *John Updike* Jack De Bellis,2005-02-28 Twenty seven critics as well as Updike himself provide a kaleidoscopic view of the Rabbit Angstom saga in 34 reviews and essays There is dual purpose of this collection of critical responses first to provide a historical view of the critical reception of all of Updike's works about Harry Rabbit Angstom the four Rabbit novels and the novella Rabbit Remembered and second to show how these reviews and articles can illuminate the reader with the range of approaches to the saga These responses to the saga reveal the reception of each installment of the saga and how critical acclamation rose with each work The first reviews of Rabbit Run noted Updike's ability to redeem an ex basketball player's ordinary life through brilliant innovative style Scholarly essays debated whether Rabbit was a satiric figure Updike's sequel Rabbit Redux showed how for reviewer Richard Locke the inner surface of banal experiences could be blended seamlessly to social unrest and war A later critic Irina Negrea adopted the Jean Baudrillard to critique Marshall McLuhan's optimistic vision of the global village Reviewer Thomas R Edwards found that Rabbit Is Rich is composed of meditations on religion politics and economics with motifs intertwined The saga for critic Ralph Wood showed Updike as our finest literary celebrant both of human ambiguity and the human acceptance of it Reviewing Rabbit at Rest Joyce Carol Oates called it a hugely ambitious achievement and critic Thomas Disch proclaimed it to be the best large scale literary work by an American in this century thus the Great American Novel

**International Journal of Fluid Mechanics Research** ,2000 *The Current Digest of the Soviet Press* ,1962 *New Scientist* ,1971 *Theatre Record* ,1992 **Time and Tide** ,1950 *Newsweek* ,1975

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