



Motivation, Altruism, Personality and Social Psychology: The Coming Age of Altruism

Michael Babula

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Motivation, Altruism, Personality and Social Psychology: The Coming Age of Altruism Michael Babula *Motivation, Altruism, Personality, and Social Psychology* takes up the debate around altruism and the acceptance in society that self-interest is a healthy guiding principle in life, and argues that altruism contributes to better states of psychological health that transcend self-actualization. In discussing altruism in relation to peace psychology, positive psychology, social and evolutionary psychology, psychotherapy, and in terms of neurobiological evidence, this book argues that the field of psychology is stuck in a 'dark age,' driving people towards a focus on the self and promoting self-interest at the expense of the 'other' and one's wider social surroundings.

Michael Babula proposes a new paradigm in which the traditional pyramidal hierarchy is replaced with a hyperbolic organization of motivational advancement, and details the research evidence in support of this radical new framework, and its implications for society as a whole.

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