



The Stories We Live By: Personal Myths and the Making of the Self

Dan P. MacAdams

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"Who am I?" "How do I fit in the world around me?" This revealing and innovative book demonstrates that each of us discovers what is true and meaningful, in our lives and in ourselves, through the creation of personal myths. Challenging the traditional view that our personalities are formed by fixed, unchanging characteristics, or by predictable stages through which every individual travels, *The Stories We Live By* persuasively argues that we *are* the stories we tell. Informed by extensive scientific research--yet highly readable, engaging, and accessible--the book explores how understanding and revising our personal stories can open up new possibilities for our lives.

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