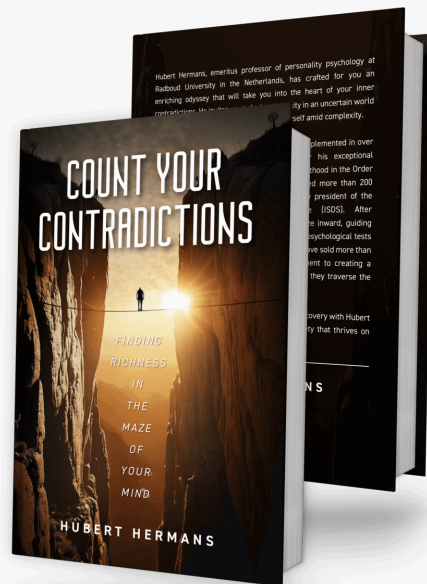
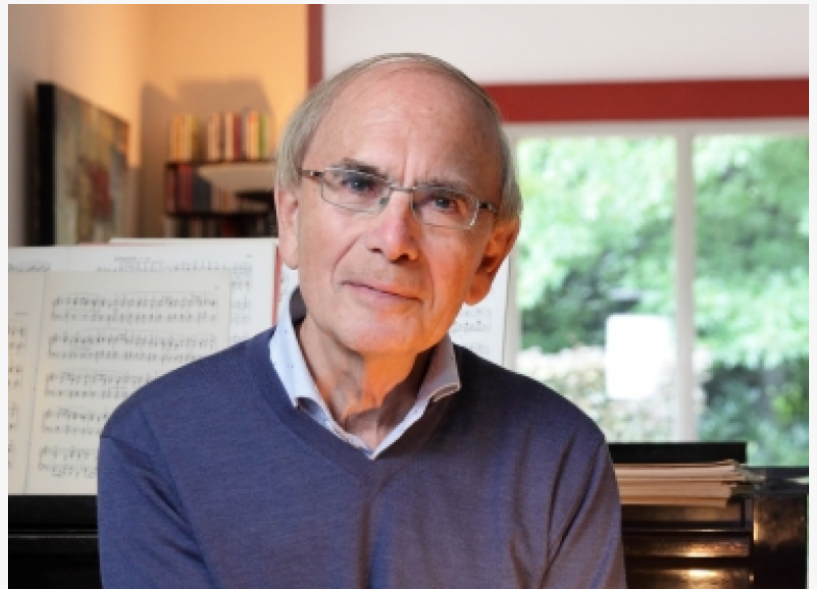


Discover New Depths of Self with 'Count Your Contradictions' by Hubert Hermans

LEEDS, WEST YORKSHIRE, UNITED KINGDOM, December 10, 2024

[/EINPresswire.com/](https://EINPresswire.com/) -- In his groundbreaking book 'Count Your Contradictions', renowned psychologist Hubert Hermans takes readers on a life-changing journey of self-discovery as he examines how accepting inner contradictions can increase one's resilience and authenticity. Hermans questions the notion that internal contradictions ought to be removed or disregarded in a society obsessed with perfection. Rather, he demonstrates how they may be potent sources of creativity and psychological depth.

In order to help readers deal with problems like perfectionism, narcissism, and authenticity in today's demanding environment, Hermans integrates scientific findings, case studies, and thought-provoking questions into his ground-breaking Dialogical Self Theory. The book looks at how embracing our inner contradictions and conflicts might help us think differently and find clarity in the midst of life's uncertainty. Inner Contradictions gives readers the tools they need to realize their potential and become a more complete, dialogical version of themselves through a combination of autobiographical



reflections and helpful advice.

"Count your Contradictions: Finding Richness in the Maze of Your Mind" is now available on [Amazon](#).

About the Author

Hubert Hermans, emeritus professor of personality psychology and founder of Dialogical Self Theory, has authored over 200 influential works. A knight of the Order of the Netherlands Lion, his work on achievement motivation has shaped psychology globally. Serving as honorary president of the International Society for Dialogical Science, Hermans continues to inspire with insights that deepen our understanding of the human psyche.

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