

Gabor Maté on Authenticity

Post by “Julia” of May 27, 2024 at 5:15 PM

In this short seven minute snippet, Gabor Maté does a wonderful job at summing up attachment and authenticity in developmental psychology: [Link to video on YouTube](#). (Watch now for the rest to make sense.)

He ends with asking:

“Who would you rather have in your life? Them or yourself?”

The Epicurean answer: “Myself!”

Ancient Stoic answer: “Neither, I'll have virtue, even at the price of my life!”

Modern Stoic answer: “Them, but I'll pretend, even to myself, to be virtuous by subconsciously turning into a compulsive people pleaser!”

(The Cynic answer: “I just shat on the floor.”)