



Selfish or Selfless: Which One Are You?

Eric Watterson

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In every moment in life, we decide to operate in one of two ways; doing something for yourself or doing something for someone else. Every act can be categorized as either a selfish act or a selfless act. “Selfish or Selfless: Which One Are You?,” discusses how you can discover whether or not you are doing things that are selfish (about your own wants, your own need, and your own desires) or whether you are doing things that are selfless (things that are about other people’s wants, other people’s needs and you do things that benefit others). Do you know which one you are? Have you thought about why you do what you do and how it impacts the people around you? Learn how to discover whether you are selfish or selfless and how to change sides if you need to.

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