

Ego is the Enemy

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EGO IS THE ENEMY

INTRODUCTION

Your idea or opinion of yourself, especially your feeling of your own importance and ability is called ego.

Your ego is your conscious mind, the part of your identity that you consider your “self.”

If you say someone has “a big ego”, then you are saying he is too full of himself.

Ego in simple words is the, “I” or self of any person, a person as thinking, feeling, and willing, and distinguishing itself from others.

Ego is the Latin word for “I”.

So if a person seems to begin every sentence with “I”, it is sometimes a sign of big ego.

People generally use ego simply to mean one’s sense of self-worth, whether exaggerated or not.

When used in the “exaggerated” sense, ego is almost the same thing as conceit.

Life's little everyday victories are good in fact necessary for a healthy ego.

But sometimes ego is the enemy, as having too much ego is not correct.

If someone has a large ego, they think that they are very important and valuable.

People with a massive ego never admit that they are wrong.

Ego is the enemy because often the biggest problems are not caused by external factors such as people or circumstances, instead our problems could be the stem from our own attitude, selfishness and self-absorption.

Chapter one

When a person is young and brimming with ambitions and also when he is struggling and then makes a deal of a million and is selected to an elite group or maybe he is already accomplished in the business to last a lifetime, wherever he is and whatever he maybe doing, he has an ego.

The person could have lost his job and hit rock bottom, the worst enemy already lives inside him and that is his ego.

The word “ego” is not easy to describe, it is an unhealthy belief in your own importance. It is the sense of superiority and certainty that exceeds the bounds of confidence and talent.

Most of us are not “egomaniacs”, but ego is the root of almost every conceivable problem and obstacle.

With every ambition and goal the person has either big or small there is ego which is undermining him on the very journey he tries to pursue.

A person with an ego lives in a world of fantasy and has a strong belief that whatever he does is most appropriate and accurate. He maybe wrong sometimes but doesn't want a correction from any other person.

Ego is the enemy of a person and can have many disadvantages.

We live in a world where everyone has a really, really big ego. Ego overshadows everything, taking away our sense of rationality.

Ego forces us to make everything about ourselves. We agree that self-esteem and

confidence are must haves to survive in this big, bad world, but ego being the enemy is the thing that is tearing us apart.

11 Reasons A Huge Ego Is Our Worst Enemy:

1) Thanks To A Big Ego, We Waste Most Of Our Energy In Defending Ourselves our egos are so big that we think we are always right and the rest of the world is wrong.

What we are saying must be heard at any cost. A huge ego makes us angry and restless until we have successfully won an

argument even though it maybe our opinion.

2) It Is Making Us Indifferent And Heartless

Compassion is not something that comes to us naturally.

We cannot think of the positives because we prefer to see only the worst in people. We end up reacting faster than usual, without understanding the complete situation.

3) We Don't Accept That We Are Not Thinking Wisely Anymore

Ego being an enemy, we are convinced
that every person is conspiring against us.

Our insecurities are taking over our sense
of thinking objectively.

Our side of the story is enough for us to
make everything into a battle.

4) Our Ego Is Pushing All The Nice People Away

The harsh truth of life is that no one wants to be friends with an egoistic person.

An egoistic person does not like being told if they're wrong and always tend to take feedback a little too seriously. No one wants such people in their life.

Dealing with them is stressful, and no one wants added stress in their lives.

5) Too Much Ego Makes You Insecure And Competitive

Studies suggest that the ego generates powerful emotions, and the ego can make you want to harm others.

It changes you and stops you from wishing the best for people.

So, before you take everything seriously, understand that it is more harmful for you than it is for others.

6) A Huge Ego Stops Us From Learning New Things

Too much ego makes us stubborn.

We don't want to listen to anyone or ask for advice. It stops us from asking for help from people who might know better than usual.

7) Ego Comes In The Way Of Our Success

Because believe it or not, great leaders succeed because they're willing to do every

job, ask every dumb question, and most of all, accept that they cannot do everything alone.

8) Massive Ego Makes You Over Critical

People with massive ego don't realise that their ego makes them criticise everything.

They become nags and that stops them from enjoying the little joys of life.

9) It Makes Life Stressful

The people with ego are constantly trying to be better than everyone else, they take everything as a straight hit to their self worth.

This causes sleepless nights and takes away their peace, leaving such people frustrated and anxious.

It thus makes their life stressful.

10) It Makes You A Little Too Egoistic For Love

Our ego stops us from exposing our vulnerable side because we don't want to take the risk of facing rejection.

The people with a big ego don't take the risks or the chance that could change their life for the better because they are so engrossed in proving their point.

Secretly such people keep waiting for others to come to them and by the time they realise, it's too late.

This way, they miss out on amazing people or even worse, alienate them.

11) A Big Ego Makes You Unhappy

Ego can take away so many beautiful things in your life, pushing loved ones away from us.

It affects the way we live our life. It stops us from dealing with disappointments and hardships in the right way.

The solution to refrain from having a big ego, is to gain control of one's ego and that is the best gift we can give ourselves, otherwise it will continue getting in our relationships, career and life.

Chapter two

The people with a big ego are often overly concerned about the opinion of others.

While some people with big ego's couldn't care less what others think, others are obsessed with other's views and suffer mental agony when they are not appreciated as much they think they should be.

The advantage of an ego is that at times when faced with difficulties, having an

ego and not wanting to hurt it becomes an extra incentive to get through the challenge. That push to want to keep your ego intact helps in such cases.

Another advantage is when someone hurts you, though you love them you don't go back to them and with time you will stop loving people who do not respect you.

Less people interactions and so less expectations and thus least heartbreaks is another advantage of having an ego.

The ego is still as important today as it ever was. No ego is good or bad, but the actions taken as a consequence of our ego can be good or bad.

Our ego controls most of how we act and react to social stimuli and a person with an underdeveloped ego will almost certainly be characterized as being weak or slightly retarded.

Ego is the image of self in the mind, it is neither good or bad, and should be used like a power tool carefully.

The ego should be kept as small as possible. It is basically a tool for controlling your behaviour, and when it gets out of hand so does your behaviour.

Everybody has an ego. It is a part of us. But being egoistic is bad. That is, if your actions and reactions are driven by your ego, then it is bad.

All egoistic people are not arrogant in all scenarios. When you have a massive ego, you think yourself great and self sufficient to decide on anything and are not ready to take any comments from others.

People with an ego will not be willing to

discuss anything with anybody not even their family members.

Such people when ignored do not like it if they are not accepted by everyone. They then get an inferiority complex as their ego is hurt and start feeling that they are correct no matter how many people are accepting it. They may also get a superiority complex and feel they are far superior than others which is always not a fact.

Therefore let go your big ego when necessary.

Ego, definitely is the enemy!.

Yes, your ego can be a great thing.

But, it can also be damaging depending on your situation and how you're using it.

If unchecked, an unhealthy ego can make you overly sensitive to failure or overconfident in your abilities it can drive you to success, but it can also harm those you care about the most.

Basically, there is nothing wrong with having an ego but the ego needs to be regulated.

The problems arise when it affects your decision making, your mood, or it turns you into a victim, an underdog, or it makes you feel superior to others in order to justify your behaviour.

Having an ego can be both good and bad, as there are positive as well as negative effects of having an ego depending on its size.

One can think of many well known personalities who have a large ego.

People with a big ego, on one hand can manage to accomplish a lot in life and reach their goals.

On the other hand, many of them just can't seem to have enough attention, praise, and adulation to ever be happy. In such cases, that ego can be a source of a lot of challenges and perhaps even lead to the person's downfall.

The important question that comes to our mind is that, is having a big ego good or bad?.

There are many advantages of having a big ego:

1. Having a big ego can result in great success. You do need a big ego to rise to the top as a national level politician or a CEO of a large organization, or to succeed in any highly competitive field.

Ego, plays an important role in wanting to outdo the competition and is an invaluable force when the competition is tough.

2. Having a big ego can help in overcoming obstacles. People flaunting big egos are so happy with themselves that they don't let minor obstacles come in the way of their accomplishments.

They believe they can do anything.

So why should they look at any hindrance as an issue worth considering?.

2. Another advantage of having a big ego is that it lets you set huge goals and makes you believe you can achieve them. The confidence

overload that comes with a big ego is surely a major asset!.

At the same time there are many disadvantages of having a big ego:

1. You are caught up with what others think most of time.

While some people with big egos couldn't care less about what others think, others are literally obsessed with other peoples' opinions.

This can result in major pain for that ego when it is not as appreciated as much as it thinks it should be.

2. You are never ever satisfied. Your ego is eternally hungry and insatiable. The people with a big ego always want more. It can be more of power, money, attention, praise and they feel that they have just not got enough of it.

As a result, having a big ego can mean never experiencing peace.

3. Having a big ego can be harmful to those around you. And this is one reason why people avoid egoistical people.

When someone with a big ego is always focusing on themselves, others are simply a means to an end.

4. A big ego can blind you to the truth. It can lie to you.

The people with a big ego cannot see things as they are because their ego comes in the way of how they perceive situations. Such people lose sight of life's bigger picture.

5. A person who has a big ego is always afraid of failure, they just can't accept that they have failed in whatever they have done.

A large ego wants to protect itself all the time and makes you uncomfortable when you want to try something new. It tries to stop you from stretching out of your comfort zone, for fear of failure.

6. An unhealthy ego can result in arrogance.

As we can see, having a big ego can be good or bad depending on the situation.

Ego can make us sensitive to failure or it can make us overconfident of our abilities.

Our ego can drive us to be successful, but at the same time can hurt those we care for.

We must try to balance our ego. It is important to be aware of our ego and how it affects our behaviour and goals.

According to a study, healthy doses of ego boost our willpower, which means, it

might help you to stick to a diet or focus on a major project, for example. It can also help you stay resilient when things go wrong.

Used properly, ego can help us grow.

When it goes out of control, even though the ego can make you successful, at the same time, it can also make you feel miserable.

The trick is to find the middle ground the balance where your ego is just enough to make you feel confident, but also keep you happy without thinking someone made you the king.

Thus balancing ego, which can be the enemy is always good and helps you to achieve your goals. Ego, in spite of having disadvantages, at the same time also has many advantages.

Chapter three

MORAL STORIES ON EGO

1. THE EGOTISTICAL MAN

Once upon a time, there was a poor man in the city of Varanasi. He was very pious and used to pray to God daily. He used to ask every holy man he met that why God is not taking pity on him, and helping him.

One day a holy man took pity on him and prayed to God to make the poor man rich.

God, being the ever merciful, appeared to the holy man that even if God wanted to help the poor man, it was of no use as the poor man's ego was coming in the way.

But the holy man insisted that God should give a chance to the poor man.

At last, God relented and told the holy man, "Well you see for yourself, I will give him the chance."

Accordingly, God made bundle of very costly gems and put it in the path of the poor man while he was coming to pray.

On that day the poor man thought, “Well for the last forty years I am walking the same path so let me see if I can walk with my eyes closed.”

So the poor man started walking with his eyes closed. He hit the bundle of gems which God had kept in his way with his legs, but took it to be some stones and didn't open his eyes and take the trouble to see what it was.

He kept on walking. A trader was coming at the back he saw the bundle and took it. The poor man had an ego and didn't want

to believe in God. His ego made him lose the costly gems he actually deserved.

MORAL OF THE STORY:

Ego Makes Man Blind.

2. THE TWO GOATS

Once there was a river in a small village. The people of the village built a narrow bridge over the river to cross it. The bridge was so narrow that only one person could cross it at a time.

One day a goat was crossing the bridge.
He saw another goat crossing the bridge,
walking at him from the opposite
direction.

The bridge, of course, was so narrow that
there was no space for both of them to
pass.

Both the goats waited for a while for the
other to go back. But neither of them
wanted to go back.

One goat said to the other goat, "You
should go back since I am older than you."

The other goat denied, saying, “I am stronger and can cross the bridge faster. You are old and will only amble along.”

The first goat said, “I maybe older, but I am stronger than you.”

The second goat refused, saying it was stronger. In this way, both the goats argued for a while about who was stronger.

Soon the argument turned into blows and one goat struck a blow at the other with its horns.

They fought furiously and soon, both of them lost their balance and fell into the river below. The swift current of the river carried them away in the deep water and both of them drowned and died.

After some time, two more goats came to the same bridge from opposite directions.

Both of them started arguing about who should back off from the bridge and let the other pass. This time, one of the goats thought for a while and told the other

goat, “Stop! The bridge is too narrow, if we both fight, we will fall into the river and drown into it. Instead I have a plan, I will lie down, and you walk over me.”

The other goat understood that it was the sensible thing to do. He appreciated the other goat’s wisdom.

The wise goat lay down on the bridge, and the other goat walked over him.

This way, they both got across each other and also across the bridge.

MORAL OF THE STORY:

Anger and ego leads to destruction.

Humility leads to fulfilment.

3. EKALAVYA'S BELIEF IN HIS TEACHER

Ekalavya was a young prince of Nishada, a hunter tribe. He wanted to become a great warrior by learning the skills from Dronacharya, the teacher of the Pandavas and the Kauravas. He approached Dronacharya but the latter turned him away as Ekalavya was from a lower caste in the community.

Ekalavya was hurt but did not give up his will to become an archer. He collected the soil on which Dronacharya walked and made an idol of it. He treated Dronacharya's idol as the symbolic teacher and perfected himself in archery through several years of practice.

When Dronacharya learned about Ekalavya's skill, he visited him to know about his Guru. Ekalavya then showed him the idol and said, "You are my Guru".

Dronacharya was worried that Ekalavya would become a better archer than

Arjuna, Dronacharya's favourite student. Therefore he asked Ekalavya to give his right thumb as Guru Dakshina (teacher's fee).

Without any questions asked, Ekalavya chopped his thumb and gave it away to Dronacharya thus forfeiting an opportunity to be a better archer than Arjuna.

MORAL OF THE STORY

Be focussed on one's goal without an ego to stop you from achieving what you desire.

Chapter four

TAMING YOUR EGO

Low self esteem is the main cause that triggers an overinflated ego.

It is not possible to fully eliminate your ego nor should you try to.

The ego serves important purposes, and when used correctly, can build confidence in yourself. Learning to keep your ego in check can also transform your relationships for the better.

Mistakes are embarrassing and when you have a big ego, they can affect your self-worth.

You tend to put your energy into hiding them. Being mentally strong makes it easier to own your mistakes.

An egoistic person is unable to accept criticism as they cannot gain any insight.

4 WAYS To TAME YOUR EGO

1) Take check of your feelings

When you notice yourself feeling angry or defensive, stop for a moment. Do an inventory of your feelings.

Ask yourself, why do I feel angry? Or why does this upset me? Pause and think before reacting.

By processing these feelings, you will give yourself a buffer of time to contemplate

your next step instead of reacting impulsively.

2) Acknowledge that mistakes are okay

The ego can be triggered when we make mistakes. We need to learn to accept that mistakes are okay and can be our greatest teachers. We do not have to lie or make excuses when we make them. The best thing we can do is to own our faults in times of error.

When we say I'm sorry, I made a mistake, we become humble and vulnerable. The

vulnerability opens up. It allows us to be open to things such as teachable moments, self-awareness, and awareness of others.

Humility is also a magnificent tool to pacify any situation. Whether or not we like it, this works and helps calm not only our own ego but the ego of others too. Of course, there is no need to apologise for everything, if you are innocent and there is not any doubt that you have done nothing wrong, then respectfully you can stand your ground. But if there is even the

slightest chance you did something wrong, it is best to own up to it.

3) Look at the brighter picture

The ego is focused on the self, it tends to make you forget the bigger picture.

When we're focused on the bigger picture, our ego driven feelings becomes irrelevant and trivial. In fact, our minds suddenly forget our egos.

For example, in the team sports, all the members of the team want to do well, but it doesn't matter who scores or who

blocks. What matters is that the team works together to win the game.

When leaders and colleagues recall their vision and mission, the ego subsides naturally.

4) Let it go

Another way to tame the ego, is to pause and ask yourself, “Is it really that bad?”

When you take a moment to examine the situation at hand, you will often realise that it isn’t that bad. And if it is that bad, consider what is the absolute worst thing

that can happen. You may be pleasantly surprised.

Write down your frustrations, anger and worries on a piece of paper and then destroy it.

Think about it with a calm mind, when you are not doing anything and then work out whatever it takes to acknowledge the reasons your ego has been triggered. You can then try to let it go.

It is through humility, patience and rational thoughts that we can conquer the ego's desires.

The ego is not rational, it is impulsive, and it wants you to think you are superior.

The ego causes negative feelings to stir in you.

But these tactics can't be mastered overnight. It takes time, practice, and a keen awareness of outside triggers and also yourself.

However, when we tame our egos, we can eliminate unnecessary frustration and

stress and have happy, productive, working relationships.

These 4 Ways will definitely help you tame your ego successfully to a large extent.

Many times we suffer in life due to our ego which is the main source and reason behind it.

Not knowing the reason behind your ego breeds numerous problems, but perhaps the most dangerous part of having an ego is the inability to see beyond your own point of view.

Living via your ego is essentially operating as if everything revolves around you the world as you see it is the way it is. While a smattering of truth is present, much of life is open to interpretation. Getting outside your own opinion as often as possible can spare us much of the heartache.

Easier said than done, there are several strategies to stepping outside of the ego and living a harmonious life.

There are many ways to remain grounded in your understanding of the events life chooses to unfold.

13 Little But Powerful Ways To Shatter Your Ego

1) Kill the addiction to approval

Approval is like any other desire in life, we strive to gain it, relish in it momentarily once attained, and set out for more thereafter.

It is as gratifying as winning the lottery and having to return the money the next day. The recognition is not the issue the fact that we don't feel good enough without it is.

2) Seek and praise for others

The subconscious mind doesn't operate based on what you think is true. It functions based on what it hears.

Deliberately identifying opportunities to praise others will gradually shift your

inner being from quietly self-serving to proudly secure.

3) Write down or declare your purpose each day

Despite the astounding capabilities of the brain, it's default is reaction mode.

If you don't chart a course for it, the brain will work actually only when absolutely necessary. Writing down your intent for the day allows you to override the survival mechanism. The ship will no longer steer slowly, your brain knows and

hence you are aware, how to stay consistent with who you really are.

4) Let go of the false power of anger

You are not fooling anyone by raising your voice. Anger, although combative on the surface, is derived from fear.

We have no need to relish in rage when we are secure within ourselves. It is when we feel threatened and afraid that we express our anger.

Leaning into anger is the fastest route to losing any grip whatsoever on the situation. You give up your ability to cause a different outcome. Instead of lashing out, care for the child inside you who's clearly hurt from the situation and come up with a more balanced plan of attack.

5) Spend time alone in nature

Man-made structure can always have holes poked in them. There is always an opportunity to say what could be better.

Nature on the other hand, is much harder to argue with. It comes from the earth, the unknown, which we do not understand. That which we do not understand, we proceed with caution. For example, there is absolutely zero ego in the eye of hurricane.

6) Leverage the Law of Attraction

Increasing in popularity over the past several years, the Law of Attraction states that what you put out to the universe, you receive in return.

So when most of your questions too are centred around what you can get out of life, life typically meets you with a similar demanding nature.

Conversely, looking for ways in which you can serve often opens up the doors for others to do the same for you. Ideally, you must give what you wish to receive.

7) Be still

There was an event that took places in your life between the ages of 4-6 that

resulted in a permanent conversation in your head. This internal noise, which we leverage for much of our wisdom, is not our intuition. It is simply our survival dialogue giving up a blown-out of proportion commentary about what is happening in our lives. The ego is pulling the strings.

Therefore, the next time you feel triggered, don't act or respond right away. Acknowledge your first response and ask yourself, "What else could this mean?"

8) Use irritation from others as a mirror for yourself

How you react to others says more about you and the state you are in than it does about them.

People are who they are some very secure, some not. An inkling of frustration shows what type of person you are.

Assume everyone you interact with is perfect the way they are except you.

Hold back the onset of berating other people and flip the lens to see which part

of your psyche the situation could be exposing and could use more of your love.

9) Focus on inner currency

While you may have tangible money in a tangible bank, the same can be said for what's inside your heart and mind.

It won't matter how much money you have in savings, if you don't think rightly.

The love and compassion you show yourself and others is the quickest way to making huge deposits in your spiritual bank account the one that will grant you a

far more fulfilling life than simply dollars and cents.

10) Give in to vulnerability

Being open and honest about what is really going on is a true measure of strength.

The fear of looking bad drives people to internalize much of what they deal with on a daily basis.

Feelings are reduced in power when we verbalize them and see them for what they are. Keeping the feelings locked to

yourself leaves the authentic self preoccupied, thus creating space for the ego to step in and navigate self-expression.

11) Suppress the need to add your opinion to everything

There is something to be said about the person secure enough within themselves to remain quiet and reserved while the other party shares.

Odds are, we could add our opinion to just about any conversation. Most of the

time however, it's not who we really are that's looking to add the opinion it's the ego.

The ego has an overwhelming need for significance. People with an ego cannot help but give an opinion every waking chance they get. They don't realize that this is not serving any particular need outside of self-worth. If they are not offering something of legitimate value to the other party they are speaking with, then they can always stay calm and wait for a question to be posed for them.

12) Question why you do what you do

The values that drive people are derived from what they are looking for in life, down to the deepest level.

For example, a person's chosen career path could serve the values of contribution and growth or it could serve the values of security and self-worth. It is when we are unclear on which values we are serving that we are often left unfulfilled. We arrive at a check point we look forward to celebrating and a cascade

of emptiness wipes out whatever glimmer of excitement we had been harbouring.

The ego is self-consumed, so at this point we should question why you do what you do and wait for an answer for ourselves.

13) Locate yourself in others as often as possible

There comes a time in life when we are not satisfied with what's going on. Much of life is trivial. We have to live, breathe and stay perplexed in our lives. This is hard enough for us, as sometimes things

will get worse if we don't consciously make them better. We can either make things better for others or we may allow them to get worse there is no neutrality.

Viewing ourselves as distinct from every one else is the quickest way to set the ego loose to spread it's turmoil.

We are not that different. We all have the same needs. Certain people don't disclose but there is still a scared kid inside them.

We should learn to identify a time when we experienced struggle to understand what the other person is dealing with now

and trade our admonishment for love and care.

This will be our ultimate victory for the authentic self over the ego.

Thus locate yourself in others as often as possible.

These 13 Little but Powerful ways can help to shatter your ego.

Chapter five

WHAT ACTUALLY IS EGO?

The fact that human beings have an ego means that we can't be anything but insane. Some of us try a little harder than others not to be crazy. Some don't try at all and many, if not most, either don't realize, or would never admit that they are crazy. The more we allow the ego to control us, the more insane we become.

The ego is about selfishness, wanting what we want, when we want it, and how we want it.

The one thing the ego wants most is to be right. When it can convince us that the ultimate goal is to be right, then it may also convince us that it is our responsibility to force others to comply with our own personal perception of right, if some other ego disagrees, then conflict ensues.

Ego is all about control, dominance and greed. At the extreme, it is the ultimate

expression of selfishness, but it is selfishness, in some form, on all levels. The fact that we all have an ego means that we all are selfish to some degree.

Ego is the enemy in all forms. Belief defended by ego can be contradiction to other beliefs, but it can't be contradiction to truth because truth is that which is irrefutable.

We have the illusion that selfishness is only about material gain money, power, possessions, but selfishness can take on

many disguises. It can also be about defending and trying to prove our belief system while denying there could be value in the beliefs of others. This is what is ego.

An egoistic person only sees his point of view and refuses to understand the other person's point keeping his on the top.

Most people never really look below the surface of their own beliefs. They are always convinced that their personal belief is the truth.

The ego we see most commonly goes by a more casual definition - an unhealthy belief in our own importance.

The need to be better than, more than, recognized for, maybe any past reasonable utility that's ego. It is the sense of superiority and certainty that exceeds the bounds of confidence and talent.

One of the biggest reasons why ego is your enemy is that it keeps you out of touch with reality.

Ego makes you over estimate your own abilities and worth, and under estimate the effort and skill required to achieve your goals.

All of this means that you lose touch with reality, and miss opportunities to improve, to connect with others, and to achieve your goals.

Try to shatter your ego and you will be much more creative, productive, and energized. You will be more happy living life in this way. Your relationships will be

fulfilled with everyone and you will have truly managed your ego.

Start to apply the principles to overpower ego in your daily lives.

Stop the massive ego to overpower you and see the difference!

EPILOGUE

This book, “EGO IS THE ENEMY”, describes in detail about what ego is, and how and why it is the enemy.

Ego is your conscious mind, the part of your identity that you consider your “self.” If you say someone has a big “ego”, then you are saying he is too full of himself.

To be precise, ego is pride, a feeling of self respect and personal worth.

The book tells us why ego is the enemy in our lives and many ways to tame and shatter the massive ego is illustrated in the book.

The book has moral stories to make us aware of the harm the ego can do to us. You can definitely learn how to overcome the ego and think positively with these stories.

There are many advantages of having an ego but actually it does more harm than be good for us in any way.

The disadvantages being many, it is better to stop being egoistic as it is bad.

The “EGO IS THE ENEMY”, is a book from which the information shared is helpful in most instances in our life and thus will improve your personality if followed correctly with dedication.

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