

## **In Over Our Heads Mental Demands Of Modern Life Robert Kegan**

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### **In Over Our Heads Mental**

In Over Our Heads provides us entirely fresh perspectives on a number of cultural controversies—the “abstinence vs. safe sex” debate, the diversity movement, communication across genders, the meaning of postmodernism. What emerges in these pages is a theory of evolving ways of knowing that allows us to view adult development much as we view child development, as an open-ended process born of the dynamic interaction of cultural demands and emerging mental capabilities.

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In Over Our Heads makes the argument that the different sphere's of modern life (romance, parenting, work, etc.) all require a similar method of thinking in order to succeed. This method of thinking, which Kegan calls structural, is fundamentally different that the modes of thought most of us learn in high school and early college (communal, in Kegan's terminology).

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In Over Our Heads, The Mental Demands of Modern Life, Robert Kegan. 1994. Harvard University Press, Cambridge, MA. 352 pages. ISBN: 0-674-44587-2. \$29.95

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happens when we find ourselves, as we so often do, in over our heads. In this dazzling intellectual tour, he completely reintroduces us to the psychological landscape of our private and public lives.

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In Over Our Heads Kegan's book In Over Our Heads (1994) extends his perspective on psychological development formulated in The Evolving Self . [26] What Kegan earlier called "evolutionary truces" of increasing subject-object complexity are now called "orders of consciousness".

## **Robert Kegan - Wikipedia**

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At NAMI Ohio, the motto goes: you can't get better if you don't have a roof over your head, food in your stomach and somebody who knows your name. With the mission to improve the quality of life for persons with serious mental illness, NAMI Ohio's efforts have not gone unchallenged.

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