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Virtually You: The Dangerous Powers of the E-Personality. Whether sharing photos or following financial markets, many of us spend a shocking amount of time online. While the Internet

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can enhance well-being, Elias Aboujaoude has spent years treating patients whose lives have been profoundly disturbed by it.

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The premise of Virtually You is that the costs of the internet are felt away from the computer, far enough away that often we fail to recognize the link. It's a pretty straightforward book--he pinpoints five negative psychological forces enabled by the web and each gets a chapter: Grandiosity, Narcissism, Darkness, Regression, and Impulsivity.

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Virtually You: The Dangerous Powers of the E-Personality (2011) by Elias Aboujaoude. Saying we have successfully logged off, then, is an expression of seriously wishful thinking: Most of us are never truly offline anymore.

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The premise of Virtually You is that the costs of the internet are felt away from the computer, far enough away that often we fail to recognize the link. It's a pretty straightforward book--he pinpoints five negative psychological forces enabled by the web and each gets a chapter: Grandiosity, Narcissism, Darkness, Regression, and Impulsivity.

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Reading Stanford psychiatrist Elias Aboujaoude's new book,

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Virtually You: the Dangerous Power of the E-Personality, makes you consider the danger inherent in the maniacal burst of magical powers that the Internet exudes for many, many people.

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Virtually You uses examples from Aboujaoude's personal and professional experience to highlight this new phenomenon. The first scrutiny of the virtual world's transformative power on our psychology, Virtually You shows us how real life is being reconfigured in the image of a chat room, and how our identity increasingly resembles that of our avatar.

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* The way we see and evaluate ourselves is changing as a

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function of new personality traits born and nurtured in the virtual world.

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Elias Aboujaoude's Virtually You: The Dangerous Powers of the E-Personality. Filed under: Uncategorized by Chris Friend — Leave a comment. July 3, 2011. This text is not actually on our reading list, but after suffering through Ulmer, I needed something fast and light to help me recover.

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VIRTUALLY YOU: The Dangerous Powers of the E-Personality. Elias Aboujaoude. In the "no holds barred" public forum of the Internet, many of us create alternate selves: more assertive, more efficient, sexier, bolder. Drawing on years of clinical experience as a psychiatrist, ...

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Virtually You: The Dangerous Powers of the E-personality by Elias Aboujaoude. Review by Susie Wild The internet has been in popular use in the UK for 20 years. Now that it has, essentially, come of age, a string of books has been released examining the

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effects of the internet on humanity.

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In a new book, "Virtually You: The Dangerous Powers of the E-Personality," Stanford University psychiatrist Dr. Elias Aboujaoude argues that the time we spend on the Internet doesn't just cause us to have online alter egos. It influences who we become and how we interact with others when we're offline as well.

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