

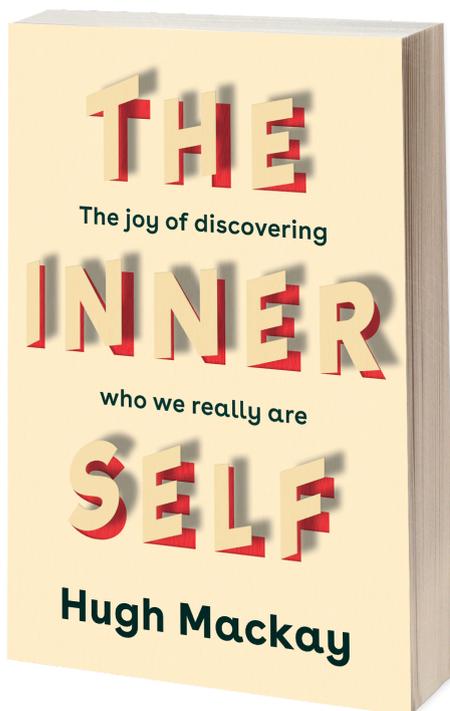
'Australia's favourite thinker' *Sunday Telegraph*

## HUGH MACKAY

introduces us to the

# THE INNER SELF

and the joy of discovering who we really are



Drawing on a lifetime of pioneering research, one of Australia's most respected social psychologists explores the ways we hide from the truth about ourselves.

For over six decades, social researcher and bestselling author Hugh Mackay has examined and chronicled the way Australians live. Now, Mackay returns to his psychology roots in this powerful and important book.

We all have a constructed 'personal identity'. Through stories, research and theory, Mackay explores our 'top 20' hiding places – from addiction to materialism, busyness to social media, nostalgia to victimhood – and empowers us to delve deeper and face the most searching question of all: "Who am I, really?"

Mackay's explanation for our evasiveness is simple but profound: we fear the demands of love. Exposing the great paradox of human nature, Mackay argues that while love brings out the best in us, we don't always want our best brought out. We don't always want to be good.

From the critical mind of *What Makes Us Tick* and *The Good Life*, *The Inner Self* is Mackay's most insightful and resonant work to date.

*'When we are more accepting of ourselves, we become more accepting of others. When we acknowledge our own failings and frailties, we become more tolerant of others.'*

**IN STORES FROM TUESDAY 28 APRIL 2020**

\*\*Interviews, extracts and review copies are available\*\*

In an exciting and unique event, Hugh Mackay is also publishing *The Question of Love*, a fictional exploration of the human psyche and of the complexities and contradictions of love.

Media release continued.

# Media Release

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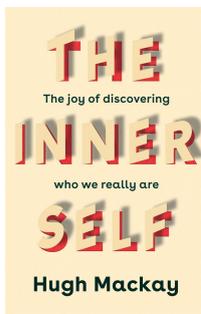
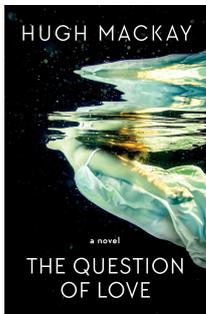


## AUTHOR BIO

**Hugh Mackay** is a social researcher and bestselling author of 21 books, including *What Makes Us Tick*, *The Good Life* and *Australia Reimagined*. His latest non-fiction book is *The Inner Self*, published in May 2020 concurrently with his eighth novel, *The Question of Love*.

He has had a 60-year career in social research, and was a weekly newspaper columnist for over 25 years. Among many honorary appointments, he has been deputy chairman of the Australia Council for the Arts, chairman of trustees of Sydney Grammar School, the inaugural chairman of the ACT government's Community Inclusion Board and an honorary professor at Macquarie, Wollongong and Charles Sturt universities. He is currently a patron of the Asylum Seekers Centre. Hugh is a Fellow of the Australian Psychological Society and the Royal Society of NSW. In recognition of his pioneering work in social research, he has been awarded honorary doctorates by Charles Sturt, Macquarie, NSW, Western Sydney and Wollongong universities. He was appointed an Officer of the Order of Australia in 2015.

**\*\*Interviews, extracts and review copies of both titles are available\*\***



## Publication details:

### **The Inner Self: The joy of discovering who we really are**

Publishing: 28 April 2020  
\$34.99 | Non-fiction | 9781760787745

### **The Question of Love**

Publishing: 28 April 2020  
\$32.99 | Fiction | 9781760787752

Adapting the musical 'theme-and-variations' structure to the written word **The Question of Love** centres on the marriage of Richard and Freya, who on the surface, are a perfect couple. Exploring parallel themes to *The Inner Self*, it is a novel of stunning originality.

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