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Ryan Holiday is the author of several books, marketer, media strategist and entrepreneur. Additionally he is the former Marketing Director for American Apparel and editor-at-large for the New York Observer. In his new book "Why Ego Is The Enemy", Ryan shares why Ego may be the one thing holding back individuals from achieving greatness and success.

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Ego Is the Enemy is the fourth book by author Ryan Holiday, published on June 14, 2016. It is about the treacherous nature of ego.

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There are many definitions regarding what is ego, but one of the definitions used by Ryan Holiday is "EGO IS AN UNHEALTHY BELIEF IN OUR OWN IMPORTANCE.ARROGANCE.SELF-CENTERED AMBITION." [Ego Is the Enemy: Amazon.co.uk: Ryan Holiday ...](#)

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RYAN HOLIDAY is the bestselling author of Trust Me, I'm Lying; The Obstacle Is the Way; Ego Is the Enemy; Conspiracy and other books about marketing, culture, and the human condition. His work has been translated into over 30 languages and has appeared everywhere from the New York Times to Fast Company.

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Your ego is always your enemy. Further Reading. Other reads by Ryan Holiday include The Obstacle is the Way - an instructive read about how to overcome any obstacle or challenge you face and turn it into an advantage and Trust Me I'm Lying - an eye-opening insight into how the modern media operates, the economy that drives it and how the system can be manipulated.

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