



# Between Dreaming and Recognition Seeking: The Emergence of Dialogical Self Theory

*Hubert J. M. Hermans*

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How can an internationally recognized theory contribute towards the enrichment of your own life? In *Between Dreaming and Recognition Seeking*, Hubert J. M. Hermans, the creator of Dialogical Self Theory, applies this theory to his own life and explains how readers can do the same. He describes several destabilizing events from throughout his lifetime and investigates how they changed his own self. Hermans discusses such events as the breakdown of his self-esteem at school, the experience of falling in love as a “revolution” in his self, the experience of “paradise lost,” and the tensions from living in the border zone of a traditional, modern, and post-modern self. Through a series of thought-provoking questions, Hermans invites readers to explore the long-term meaning of significant events in their own lives. *Between Dreaming and Recognition Seeking* provides an accessible way to learn about Dialogical Self Theory and how it can be used for one’s self-development.

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