

What the New Science of Authenticity Says About Discovering Your True Self

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After following a white rabbit down a hole in the ground and changing sizes several times, Alice finds herself wondering “Who in the world am I?”

This scene, from Lewis Carroll’s “[Alice’s Adventures in Wonderland](#),” might resonate with you: In a world that’s constantly changing, it can be challenging to find your authentic self.

[I am a social psychologist](#), and over the past few years my colleagues and I have been [conducting research](#) to better understand what it means to be authentic. [Our findings](#) provide some valuable insights that not only shed light on what is meant by authenticity – a somewhat vague term whose definition has been debated – but can also offer some tips for how to tap into your true self.

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