



# What Makes a Hero?: The Surprising Science of Selflessness

*Elizabeth Svoboda*

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## **What Makes a Hero?: The Surprising Science of Selflessness** Elizabeth Svoboda

Recent breakthroughs in biology and neuroscience reveal that the human brain is primed for selflessness. But how do biology, upbringing, and outside influences intersect to produce altruistic and heroic behavior? And how can we encourage selflessness in corporations, classrooms, and individuals?

Using dozens of fascinating real-life examples, science journalist Elizabeth Svoboda explains how our genes compel us to do good for others, how going through suffering is linked to altruism, and how acting generously can greatly improve our mental health.

Svoboda argues that it's a common misconception that heroes are innately destined to be that way. In fact, anyone can be a hero if they're committed to developing their heroic potential.

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