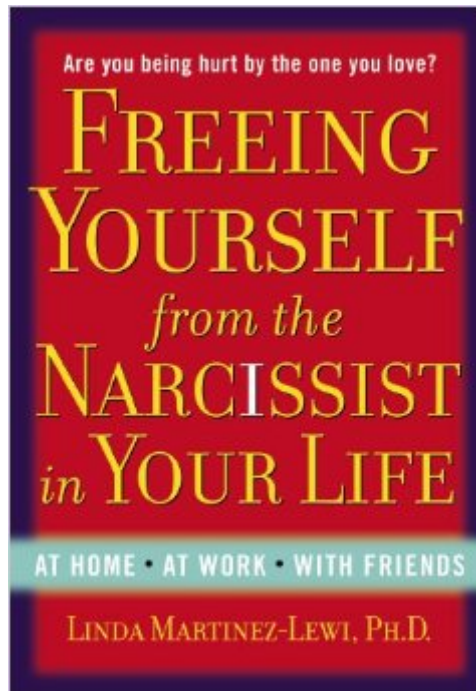


The book was found

Freeing Yourself From The Narcissist In Your Life: At Home. At Work. With Friends



Synopsis

Combining clinical analysis with psychological profiles of famous narcissists, here is an indispensable guide to recognizing, coping with, and ultimately overcoming the destructive behavior of narcissists. Everybody needs some healthy narcissism. But in a society obsessed with appearance, wealth, and status, it's easy for problematic narcissists to thrive. Many people who seem to "have it all" are suffering from one of the most common--and overlooked--personality disorders of our time: high level narcissism. Typified by an obsession with perfection, a desperate need for admiration, and a willingness to use and exploit others for personal gain, high level narcissism can spell devastation for anyone who crosses the narcissist's path. In *Freeing Yourself from the Narcissist in Your Life*, psychotherapist Linda Martinez-Lewi presents an in-depth and supportive plan for identifying, understanding, and dealing with high level narcissistic behavior in those close to you. Martinez-Lewi helps you to liberate yourself from draining personal relationships with narcissists, and shows how to regain a sense of peace, balance, and well-being. Drawing on detailed profiles of famous narcissists, including Pablo Picasso, Frank Lloyd Wright, Armand Hammer, and Ayn Rand, as well as expertly rendered case studies from her private practice as a psychotherapist, Martinez-Lewi shows how to: - understand where narcissistic behavior comes from; - learn to spot narcissistic traits, even in the early stages of relationships; - realize why attempting to change a narcissist is fruitless; and - protect yourself from the narcissist's opportunism, manipulative behavior, and lack of empathy. Â

Book Information

Paperback: 256 pages

Publisher: TarcherPerigee (August 15, 2013)

Language: English

ISBN-10: 0399165770

ISBN-13: 978-0399165771

Product Dimensions: 5.4 x 0.7 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (133 customer reviews)

Best Sellers Rank: #361,513 in Books (See Top 100 in Books) #230 inÂ Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #838 inÂ Books > Parenting & Relationships > Family Relationships > Abuse #919 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

Customer Reviews

Oh, the charm and the humor. The love of your life. The one who you call "Magic." Your soulmate, the one who you've spent "many" past lives with. The one that makes you dream and captivates your imagination. He is so wonderfully kind and polite to all those he meets. Yes, at times, he seems to have anger problems and disappears often without notice. The relationship seems lopsided, but he's busy yet still loves you. You've never met anyone in your life like him but interestingly, you've also never sacrificed more. Your "unique" ability to understand and forgive him is the reason you stay; waiting for him to change to be an equal lover that never materializes. Captured in a dream, you learn to forgive him more and lose yourself, your goals, all to support him and his dreams. You remind him of your need for him to be honest to you although you remain alone at home, restless dreaming about him as he is often "out with friends." You know "in your heart" that he is a good man and only needs a stable partner that won't leave him so that he grows to love you more. One day, he stops calling, you don't know where he is. You search frantically to find that he has a new lover and you are left with shock, confusion, sadness, and after the wake of despair, a huge financial loss somewhere. As the author states, the gift that interaction with a narcissist brings is self understanding. Your own life's relationship patterns with others come bubbling to the surface. The relationship patterns that were established through interaction with your parents are ripe to finally be visible to you most clearly and time to be broken forever.

[Download to continue reading...](#)

Freeing Yourself from the Narcissist in Your Life: At Home. At Work. With Friends Take Back Your Life: 103 Highly-Effective Strategies to Snuff Out a Narcissist's Gaslighting and Enjoy the Happy Life You Really Deserve (Detoxifying Your Life) It Wasn't Your Fault: Freeing Yourself from the Shame of Childhood Abuse with the Power of Self-Compassion The Mindful Way Through Depression: Freeing Yourself from Chronic Unhappiness (Book & CD) The Peaceful Daughter's Guide to Separating from A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being Raised ... (The Peaceful Daughter's Guides Book 1) Home Security: Top 10 Home Security Strategies to Protect Your House and Family Against Criminals and Break-ins (home security monitor, home security system diy, secure home network) Free Spirit: A Coloring Book for Calming Your Mind, Freeing Your Imagination, and Igniting Your Soul Feng Shui: Wellness and Peace- Interior Design, Home Decorating and Home Design (peace, home design, feng shui, home, design, home decor, prosperity) Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from

Toddlers to Teens Build a Survival Safe Home: Over 40 Helpful Tips on How to Construct a Protected Shelter and Defend Yourself and your Family from Natural Catastrophes ... a Survival Safe Home Books, survival home) Outing Yourself: How to Come Out to Your Family, Your Friends, and Your Coworkers Social BOOM!: How to Master Business Social Media to Brand Yourself, Sell Yourself, Sell Your Product, Dominate Your Industry Market, Save Your Butt, ... and Grind Your Competition into the Dirt Gardening: Air-Cleaning House Plants to Purify Your Home - DIY Home, Home Gardening & Indoor Gardening (Healthy Home, Gardening for Beginners, Container ... Hacks, Healthier You, Outdoor Gardening) The Soup Club Cookbook: Feed Your Friends, Feed Your Family, Feed Yourself Disarming the Narcissist: How to Stay Married to a Narcissistic Partner and Live a (Reasonably) Happy Life Jungle Jam and Friends: Wild Times in God's Creation (Audio Cassette) (Jungle Jam and Friends Radio Show) True and Constant Friends: Love and Inspiration from Our Grandmothers, Mothers, and Friends 101+ Great Ideas for Libraries and Friends: Marketing, Fundraising, Friends Development, and More Friends Forever: How Parents Can Help Their Kids Make and Keep Good Friends How Kids Make Friends: Secrets for Making Lots of Friends No Matter How Shy You Are

[Dmca](#)