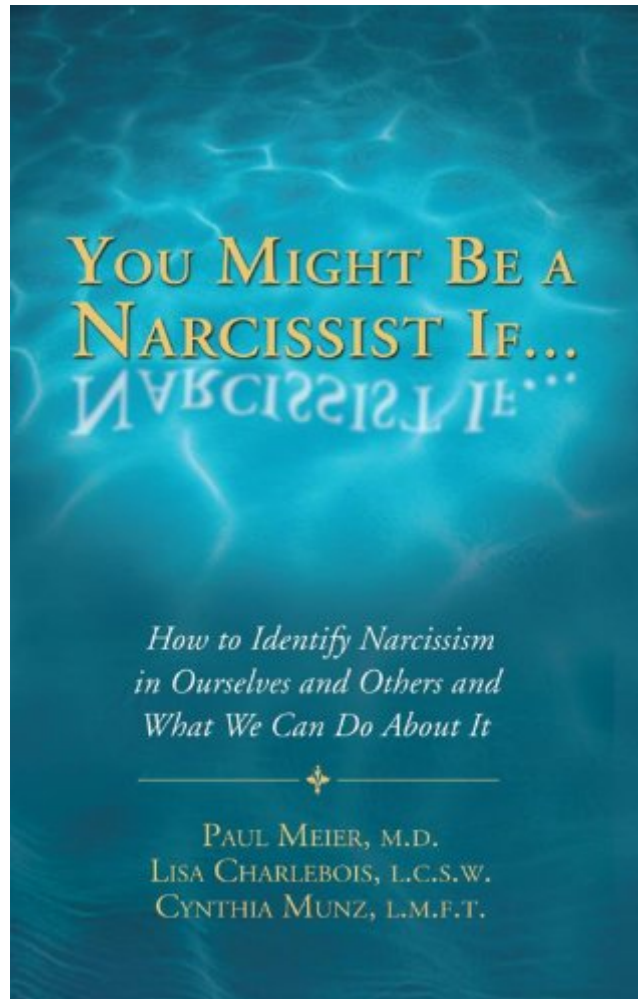


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Psychology: You Might Be A Narcissist If.... (Books On Narcissism Book 1)



Synopsis

You Might Be a Narcissist If... How to Identify Narcissism in Ourselves and Others and What We Can Do About It Why is this relationship so hard? It is so invigorating to know that we don't have to stay stuck even if we're not the one struggling with narcissism, we can change the way we relate to the people who do. Find out if the stress in your relationships with family, friends, or at work is unknowingly caused from narcissism in yourself or others... Narcissism is actually much more common than we may think and, in reality, most of us have some of these characteristics. You Might Be a Narcissist If... was written by two psychotherapists and a psychiatrist with decades of both personal and professional experience with narcissism. It is filled with many interesting-to-read stories taken from the authors' or their clients' lives that clearly demonstrate examples of narcissism. A Narcissism Questionnaire and practical suggestions are given for dealing with narcissism whether it's in your spouse, a co-worker, or even yourself.

Book Information

File Size: 302 KB

Print Length: 111 pages

Publication Date: January 15, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00HWEWZ5U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #263,356 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

in Kindle Store > Kindle eBooks > Nonfiction > Science > Behavioral Sciences > Behavioral

Psychology #56 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling &

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Customer Reviews

Almost everyone in my family told me, "I just drank in this book." I had never known what to call our particular multi-generational family psychology. I just knew it was harmful, though I never

understood it anywhere near as fully as I did when I read this little book. It was a kind of validation for what I knew was wrong, but had no words to fully express or describe. The wonderful thing that has come out of this book is that four of my five siblings have been having conference calls on Sundays, reviewing our lives growing up, and working on understanding our difficulties in relation to the information in this book (our fifth sibling has so far declined to join us). Talk about healing! I believe this revolution in our family occurred because of the compassionate approach to narcissism that this book takes. We have been able to discuss how our parents came to be the way they were and to see more fully what stresses caused them to act the way they did (as well, of course, what has caused us to act the way we have). I now am able to say, with a great deal of relief, "I am a (hopefully) recovering narcissist." I say "relief" because this book provided a huge piece of the puzzle that has been my life. I've also been sharing this book through gifts and loans with almost all the important people in my life, and, though most are not the narcissist I was (the covert or hidden kind -- hidden from self, even), they also find the book useful for understanding and dealing compassionately with others in their lives. A friend, who is definitely not a narcissist, texted me with: "What a wonderful book!" It's helping her to help her daughter, who in turn is passing the book on to her friends so that they can discuss their mutual problems in a more useful way.

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