



Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed

By Wendy Terrie Behary LCSW

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Do you know someone who is overly arrogant, shows an extreme lack of empathy, or exhibits an inflated sense of entitlement? Do they exploit others, or engage in magical thinking? These are all traits of narcissistic personality disorder, and when it comes to dealing with narcissists, it can be difficult to get your point across. So how do you handle the narcissistic people in your life? You might interact with them in social or professional settings, and you might even love one—so ignoring them isn't really a practical solution. They're frustrating, and maybe even intimidating, but ultimately, you need to find a way of communicating effectively with them.

Disarming the Narcissist, Second Edition, will show you how to move past the narcissist's defenses using compassionate, empathetic communication. You'll learn how narcissists view the world, how to navigate their coping styles, and why, oftentimes, it's sad and lonely being a narcissist. By learning to anticipate and avoid certain hot-button issues, you'll be able to relate to narcissists without triggering aggression. By validating some common narcissistic concerns, you'll also find out how to be heard in conversation with a narcissist.

This book will help you learn to meet your own needs while side-stepping unproductive power struggles and senseless arguments with someone who is at the center of his or her own universe. This new edition also includes new chapters on dealing with narcissistic women, aggressive and abusive narcissists, strategies for safety, and the link between narcissism and sex addiction.

Finally, you'll learn how to set limits with your narcissist and when it's time to draw the line on unacceptable behavior.

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Editorial Review

From Publishers Weekly

Everyone knows a narcissist, one of those vainglorious individuals in desperate need of constant affirmation and attention. Cognitive therapist Behary's book argues that by modifying your own behavior, you can manage your relationship with such a person. Separating narcissism into categories (spoiled, dependent, deprived and combinations thereof) and exploring the causes of the disorder, the author hopes to assist the reader in overcoming the emotional obstacles involved in interaction with a boss, spouse, friend or relative. Rather than focus on changing the narcissist (which may be impossible), this book aims to help the reader improve self-knowledge to see why the narcissist pushes his or her buttons and how to cope. Some of the instruments Behary provides—such as checklists, flash cards, journal writing— are useful for determining the type of narcissist you are dealing with and how your past experiences affect your responses. The author acknowledges that her book is no panacea, and she doesn't present the reader with strategies for when the narcissist isn't responsive to the actions she has suggested. Notwithstanding this caveat, Behary's book will surely provide help to many in need of a confidence bolster in the face of provocation. (Mar.) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review

“Wendy Behary has dedicated decades to understanding narcissism, both as a clinician and a scholar. In *Disarming the Narcissist*, she distills these hard-won insights into a very readable form. This book is a terrific resource for those looking to better understand narcissism.”

—**W. Keith Campbell, PhD**, professor in the department of psychology at the University of Georgia and author of *The Narcissism Epidemic*

From the Publisher

Disarming the Narcissist is a step-by-step guide to treating and communicating with narcissists with compassion and empathy in a way that still preserves the reader's personal boundaries and sanity.

Users Review

From reader reviews:

Lisa Gaither:

Have you spare time for just a day? What do you do when you have considerably more or little spare time? Sure, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a move, shopping, or went to the particular Mall. How about open or maybe read a book eligible *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed*? Maybe it is for being best activity for you. You recognize beside you can spend your time together with your favorite's book, you can cleverer than before. Do you agree with its opinion or you have other opinion?

Scott Halpin:

Typically the book *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed* has a lot of

information on it. So when you check out this book you can get a lot of help. The book was written by the very famous author. Tom makes some research previous to write this book. This kind of book very easy to read you may get the point easily after reading this article book.

Josue Denson:

Why? Because this *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed* is an unordinary book that the inside of the book waiting for you to snap it but latter it will jolt you with the secret it inside. Reading this book adjacent to it was fantastic author who all write the book in such remarkable way makes the content interior easier to understand, entertaining way but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of rewards than the other book possess such as help improving your ability and your critical thinking approach. So , still want to hesitate having that book? If I ended up you I will go to the book store hurriedly.

Sergio Hawkinson:

As a university student exactly feel bored for you to reading. If their teacher inquired them to go to the library as well as to make summary for some book, they are complained. Just small students that has reading's soul or real their leisure activity. They just do what the educator want, like asked to go to the library. They go to presently there but nothing reading really. Any students feel that reading through is not important, boring along with can't see colorful images on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we want. Likewise word says, ways to reach Chinese's country. Therefore , this *Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed* can make you truly feel more interested to read.

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