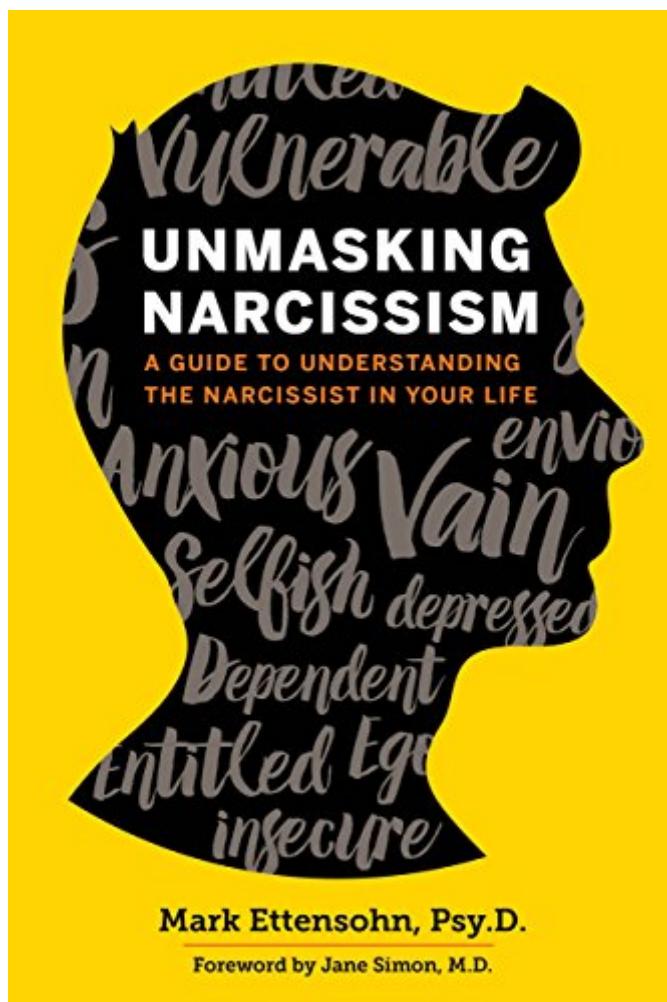


The book was found

# Unmasking Narcissism: A Guide To Understanding The Narcissist In Your Life



## **Synopsis**

Whether the narcissist in your life is a boss, coworker, relative, or romantic partner, the exercises and advice in *Unmasking Narcissism* will help you set healthy boundaries and make sense of this complex and often painful issue. In this groundbreaking guide from clinical psychologist Mark Ettenson, PsyD., you will gain insight into narcissistic behaviors, symptoms, and relationship dynamics. Dr. Ettenson provides exercises designed to help you clarify your own values and goals for the relationship, whether that means immediate separation or long-term relationship management. Anyone whose life has been touched by narcissism will find this book helpful - whether you are coming to terms with a loved one's diagnosis of Narcissistic Personality disorder (NPD), or working to move forward after leaving a narcissistic relationship. *Unmasking Narcissism* provides strategies and coping styles that will guide you toward a deeper understanding of both the narcissist and yourself, with: Easy-to-read sections aligned with the DSM-5 criteria for Narcissistic Personality Disorder. Explanations of both grandiose (overt) and vulnerable (covert) narcissism. Healing tools and techniques, including how to defuse arguments instead of fuel them, mindfulness meditation, and exploring vulnerability. Real-world stories of people coping with narcissists. Throughout, *Unmasking Narcissism* offers a fully realized, yet compassionate portrait of narcissism that will help you on your path to healing without compromising your own mental health and wellness.

## **Book Information**

File Size: 2366 KB

Print Length: 186 pages

Simultaneous Device Usage: Unlimited

Publisher: Althea Press (February 9, 2016)

Publication Date: February 9, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01AIV9UZ6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #63,040 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #20 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Personality Disorders #85 in Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #88 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Personality

## **Customer Reviews**

Sometimes you cannot get away from the narcissist in your life and you have to deal with them. Unmasking Narcissism helps you understand what a narcissist is and gives good suggestions for ways to set boundaries and keep the person from hurting you. Dr. Ettensohn provides a great explanation of what a narcissist is and the different types of narcissist is so that you can identify your narcissist. The book is thoughtful and using his suggestions, you can make your life a little easier. I received this product for free in exchange for my honest and unbiased review.

Ettensohn deftly portrays the narcissistic personality, identifies the two basic kinds, and offers suggestions in dealing with people that have this disorder. The book is practical, written in a style that meets the public, rather than a more academic approach. Very helpful--especially dealing with a family member that meets all the criteria and more!!! (I've already recommended it as a must read for the rest of the family!)

Thank you, I'm not crazy, he is.

It is helping me understand my partner more and more. So glad I got it. If you have a friend or partner that is narcissistic, you need this book.

I enjoyed this book very much. My passion is the study of *Human Growth and Development*. I love exploring what makes people tick. The organization of the book made it very easy to follow the discussion. And one does not need to have a PHD in psychology to understand it. I have a very specific person that I am trying to understand better, and this has been helpful. My understanding of what is perhaps going on in their mind has given me more patience in dealing with their confusing/frustrating behavior. It is also helping me develop a plan of action going forward in managing my relationship with them.

After living with a partner for over twenty years and not understanding his anger and rage, especially to me, this book has opened my eyes and have given me the tools to improve my relationship and save my life.

This books explains what makes a narcissist and how to deal with a narcissist in your life. With real life examples and a compassionate voice, it gives you insight into how to both recognize the patterns and protect yourself from them.

I appreciated that this book took an approach that did not demonize the narcissist or sufferer from a personality disorder, and made helpful suggestions for preserving the well-being of those living with a family member suffering from this debilitating condition. Both the narcissist and his/her 'victims' are treated with compassion and respect.

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

Unmasking Narcissism: A Guide to Understanding the Narcissist in Your Life How to Handle a Narcissist: Understanding and Dealing with a Range of Narcissistic Personalities (Narcissism Books) Fifty Shades of Narcissism: Your Brain on Love, Sex and the Narcissist: The Biochemical Bonds That Keep Us Addicted to Our Abusers How To Kill A Narcissist: Debunking The Myth Of Narcissism And Recovering From Narcissistic Abuse Becoming the Narcissist's Nightmare: How to Devalue and Discard the Narcissist While Supplying Yourself The Spiritual Warfare Battle Plan: Unmasking 15 Harassing Demons That Want to Destroy Your Life POWER: Surviving and Thriving After Narcissistic Abuse: A Collection of Essays on Malignant Narcissism and Recovery from Emotional Abuse Why Is It Always About You? : The Seven Deadly Sins of Narcissism The Selfishness of Others: An Essay on the Fear of Narcissism Traumatic Narcissism: Relational Systems of Subjugation (Relational Perspectives Book Series) Narcissists: How to Overcome the Spirit of Narcissism and Break Free from Narcissistic Abuse Forever Malignant Self-love: Narcissism Revisited (FULL TEXT, 10th edition, 2015) All Your Fault: A How to Survive Narcissist Abuse Guide Unmasking Sexual Con Games: Teen Guide Unmasking Sexual Con Games: Student Guide Unmasking Theatre Design: A Designer's Guide to Finding Inspiration and Cultivating Creativity Stop Caretaking the Borderline or Narcissist: How to End the Drama and Get On with Life Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) Will I Ever Be Free of You?: How to Navigate a High-Conflict Divorce from a Narcissist and Heal

## Your Family Your Fault : Blame and the Narcissist

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)