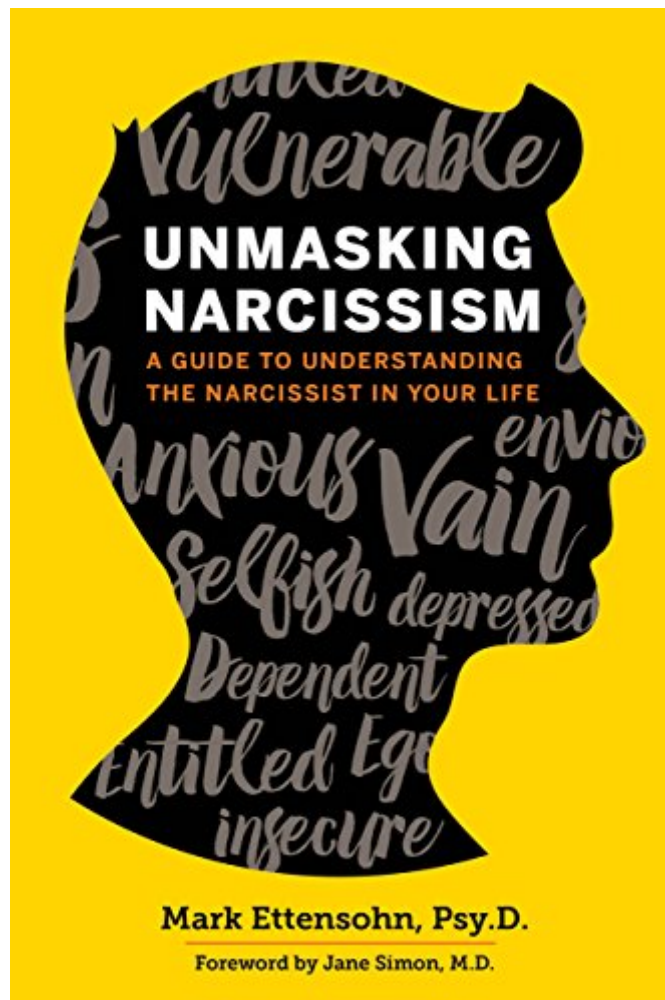




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Unmasking Narcissism: A Guide To Understanding The Narcissist In Your Life



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 Ettensohn, PsyD., you will gain insight into narcissistic behaviors, symptoms, and relationship dynamics. Dr. Ettensohn 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.

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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.

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