



Unmasking Narcissism: A Guide to Understanding the Narcissist in Your Life

Mark Ettensohn Psy.D

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In *Unmasking Narcissism*, clinical psychologist Mark Ettensohn, Psy.D. puts readers in the narcissist's shoes, providing the often-overlooked perspective that narcissists are human beings too. This groundbreaking guide helps you to see past the narcissist's armor so you can develop healthier relationships.

You may be at your wits end in dealing with a narcissistic boss, or finally accepting a loved one's Narcissistic Personality Disorder (NPD) diagnosis. Whatever your circumstances, the exercises and advice in these pages show you how to survive and thrive in a narcissistic relationship, providing the tools and techniques to be your own advocate, rather than try to change or ignore the narcissist. You'll learn to make space for yourself and set boundaries, address the narcissist in a calm, nonconfrontational way, and cultivate coping styles without losing sight of your own needs.

Throughout *Unmasking Narcissism*, you'll learn why narcissists behave the way they do (from grandstanding to name-dropping to rule-breaking) and uncover healthy strategies for dealing with these behaviors. Featuring real-world stories from people coping with narcissists, this book helps you gain insight into narcissistic traits and behaviors?and provides in-depth explanations to adapt to your own experiences.

Discover how to develop a healthy, positive relationship, with:

- Easy-to-read sections organizing narcissism into three dimensions, aligned with the DSM-IV criteria for Narcissistic Personality Disorder: grandiose, self-serving, and vanity.
- Helpful healing techniques concluding each chapter, including how to diffuse arguments instead of fuel them, mindfulness meditation, and exploring vulnerability.
- Explorations and practical tools for living in harmony with a narcissist.

No matter how difficult someone with NPD may be, *Unmasking Narcissism* offers useful coping strategies and practical tools to help you transform your relationship with a narcissist and live in harmony.

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John Carter:

Playing with family inside a park, coming to see the sea world or hanging out with buddies is thing that usually you could have done when you have spare time, subsequently why you don't try matter that really opposite from that. One activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Unmasking Narcissism: A Guide to Understanding the Narcissist in Your Life, you may enjoy both. It is excellent combination right, you still wish to miss it? What kind of hangout type is it? Oh can happen its mind hangout guys. What? Still don't get it, oh come on its called reading friends.

Ida Vanwormer:

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