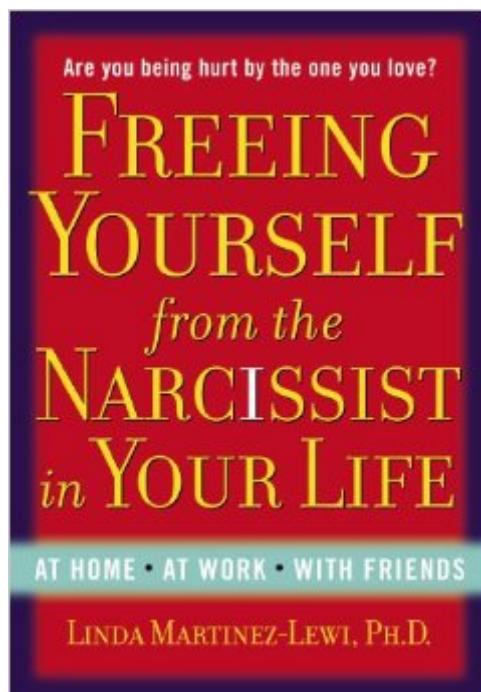


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# Freeing Yourself From The Narcissist In Your Life: At Home. At Work. With Friends



## Synopsis

Combining clinical analysis with psychological profiles of famous narcissists, here is an indispensable guide to recognizing, coping with, and ultimately overcoming the destructive behavior of narcissists. Everybody needs some healthy narcissism. But in a society obsessed with appearance, wealth, and status, it's easy for problematic narcissists to thrive. Many people who seem to "have it all" are suffering from one of the most common--and overlooked--personality disorders of our time: high level narcissism. Typified by an obsession with perfection, a desperate need for admiration, and a willingness to use and exploit others for personal gain, high level narcissism can spell devastation for anyone who crosses the narcissist's path. In *Freeing Yourself from the Narcissist in Your Life*, psychotherapist Linda Martinez-Lewi presents an in-depth and supportive plan for identifying, understanding, and dealing with high level narcissistic behavior in those close to you. Martinez-Lewi helps you to liberate yourself from draining personal relationships with narcissists, and shows how to regain a sense of peace, balance, and well-being. Drawing on detailed profiles of famous narcissists, including Pablo Picasso, Frank Lloyd Wright, Armand Hammer, and Ayn Rand, as well as expertly rendered case studies from her private practice as a psychotherapist, Martinez-Lewi shows how to: - understand where narcissistic behavior comes from; -learn to spot narcissistic traits, even in the early stages of relationships; - realize why attempting to change a narcissist is fruitless; and - protect yourself from the narcissist's opportunism, manipulative behavior, and lack of empathy. Â

## Book Information

Paperback: 256 pages

Publisher: TarcherPerigee (August 15, 2013)

Language: English

ISBN-10: 0399165770

ISBN-13: 978-0399165771

Product Dimensions: 5.4 x 0.7 x 8.2 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ Â See all reviewsÂ (133 customer reviews)

Best Sellers Rank: #361,513 in Books (See Top 100 in Books) #230 inÂ Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #838 inÂ Books > Parenting & Relationships > Family Relationships > Abuse #919 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies

## Customer Reviews

Oh, the charm and the humor. The love of your life. The one who you call "Magic." Your soulmate, the one who you've spent "many" past lives with. The one that makes you dream and captivates your imagination. He is so wonderfully kind and polite to all those he meets. Yes, at times, he seems to have anger problems and disappears often without notice. The relationship seems lopsided, but he's busy yet still loves you. You've never met anyone in your life like him but interestingly, you've also never sacrificed more. Your "unique" ability to understand and forgive him is the reason you stay; waiting for him to change to be an equal lover that never materializes. Captured in a dream, you learn to forgive him more and lose yourself, your goals, all to support him and his dreams. You remind him of your need for him to be honest to you although you remain alone at home, restless dreaming about him as he is often "out with friends." You know "in your heart" that he is a good man and only needs a stable partner that won't leave him so that he grows to love you more. One day, he stops calling, you don't know where he is. You search frantically to find that he has a new lover and you are left with shock, confusion, sadness, and after the wake of despair, a huge financial loss somewhere. As the author states, the gift that interaction with a narcissist brings is self understanding. Your own life's relationship patterns with others come bubbling to the surface. The relationship patterns that were established through interaction with your parents are ripe to finally be visible to you most clearly and time to be broken forever.

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