



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

By Psy.D Mark Ettensohn

Althea Press, United States, 2016. Paperback. Book Condition: New. 208 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. 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...

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