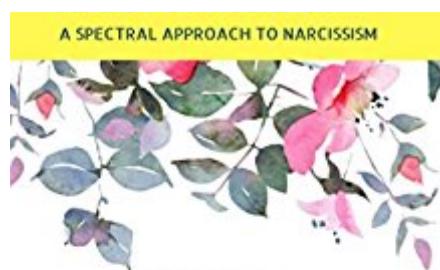


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How To Handle A Narcissist: Understanding And Dealing With A Range Of Narcissistic Personalities (Narcissism Books)



how to handle a narcissist

UNDERSTANDING AND
DEALING WITH A RANGE OF
NARCISSISTIC PERSONALITIES

Theresa Jackson, MSc



Synopsis

"How to Handle a Narcissist" is a simple guide from a psychology scholar to help you understand, handle and live with extreme narcissists. This personalized, sympathetic approach to narcissism combines leading expert opinions with real-life stories and practical advice. Research findings will show you what works when handling real narcissists at various points on the narcissistic spectrum, rather than only those who have a personality disorder. Most of us show some degree of self-enhancing tendencies, but as we move up the narcissistic scale towards extreme narcissism, behaviors and characteristics start to harm not only the individual but people around them. Whether the narcissistic person in your life is your partner, family member, friend or coworker, this book will help you to understand what you need to do to regain control of your boundaries, and guide the relationship in whichever direction is best for yourself and others. Narcissists can make our lives hellish, but by understanding them and then following a few simple steps we can take back control of our boundaries and empower ourselves when dealing with these unavoidable personalities! Here Is A Preview of What You'll Learn| Learn how to identify and differentiate between healthy and extreme narcissism, and determine how the narcissist in your life ranks for bothDiscover how narcissism can be considered a dependence on narcissistic supply, mirroring a dependence on alcohol or other drugsFind out what the narcissist wants from youDiscover practical research-based methods to making life easier with the narcissistRead about other people's experiences with narcissists, and what they subsequently learnt Download your copy today! Take the first step towards freedom and peace of mind today and download this book for a limited time price of only \$2.99!Download your copy of "How to Handle a Narcissist" to learn real, valuable and helpful tips to influence a narcissist and start seeing things improve in a matter of days. Check Out What Others Are Saying| "This book was really easy to read and avoided the blame, shame and label rhetoric that you see when you read about narcissists. I found it really useful to see the narcissist in my life as more of a person and why they were being so difficult. Then I could handle them from a much calmer place. Really helpful" - S. Goldberg"I bought this to help me decide what to do about my narcissistic mother. I'm going to give the techniques a try and see if we can have something of a relationship, really hoping they work" - M. Winston

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Customer Reviews

Since I work with individuals with mental health and substance abuse issues, I found Theresa Jackson's book compelling. *How to Handle a Narcissist* is an excellent primer into the psyche of a narcissist and how to protect yourself from their tendencies. It's a quick read and easily understandable to anyone concerned that a narcissistic person is negatively affecting their lives. The book is comprised of four sections: understanding the narcissistic person in your life, dealing with real narcissistic people, taking back control, and assessing the situation objectively. The first section describes both healthy and unhealthy narcissistic traits as well as takes a look at the brain chemistry of a narcissistic person. There are also two tests to help assess where you and the person in question falls on the narcissistic spectrum. The second section gives detailed case studies of individuals involved in narcissistic relationships including lovers, coworkers, and family members. The third section gives excellent, practical techniques on handling narcissists and avoiding feeding their narcissistic supply. Finally, the fourth section gives resources on objectively assessing the situation you are in with a narcissistic person. This includes worksheets for journaling and documenting behavior. If you suspect someone close to you struggles with narcissism, this book will give you the tools to handle them empathetically--if you choose to stay in the relationship--and let you regain control of your life. I highly recommend this book to anyone wondering if a narcissistic person is invading their quality of life.

This was a thought-provoking read! I really enjoyed how Theresa approached the subject from a point of view that wasn't narcissist-bashing, but instead, in a more informative way. The quizzes and real-life case studies add a unique element to the read and prevent it from becoming boring or redundant. In the world today, I feel that this is a highly relatable topic for nearly everyone out there. I recommend purchasing this book!

This book offers a rare perspective of narcissism that was fascinating for me to read as someone who cares deeply for the accurate representation of mental illnesses in media. It was refreshing to read a complex and empathetic discussion of narcissism. Theresa Jackson covers a multitude of topics surrounding narcissism, so if you have any questions there's a very good chance they'll be answered here. Don't be afraid to pick up this book if you're not well-versed in psychology and such; Jackson writes in a way that's very accessible but retains all engagement. I would recommend anyone who's the least bit curious read this book!

This book was extremely informative, taking into consideration that NPD is only an aspect of a person rather than all they are. Jackson details the danger of classifying a person as just one thing, explaining how the human brain can't always be perfectly defined by one classification. This was my favorite section of the book, as it put narcissism into perspective and really emphasized how it affects different people in different ways. The exercise sheets in the back are great additions! Overall, I would definitely recommend this. It's a really fascinating read!

This book has helpful insights on how to recognize and review on a scale of detecting a narcissist and what level they may be on. Theresa highlights strategies on how to recognize extreme cases of narcissism, and how to deal with their narcissism using positivity/positive reinforcement and avoiding situations that could become all around negative with conflict. There are quizzes and questions to ask yourself and the person in question on how much you may or may not have narcissistic tendencies and to what level. I highly recommend this book to anyone who wants to learn about narcissistic characteristics.

Info for friend understanding it is very informative and helpful in understanding actions of persons who are quite self centered and non caring

As someone who worked in the military as a medic and eventually worked in a civilian hospital as an Emergency Room technician, I found the book to be extremely useful and straightforward. It was written in a casual tone, a tone that I feel is effective to help those who don't have a medical background understand that there are different levels of narcissism and thus, different ways to handle narcissists. I also appreciated that the book doesn't point to narcissists as problems or as instigators, but more as people suffering from a mental disability that causes them to have a certain type of superior attitude towards themselves. The examples were relatable and although they were emotional, they were written clearly and concisely as if to say: this type of narcissist is what someone dealt with, this is what they went through, and this is what they did to deal with said narcissist. There was no beating around the bush. The only critique I have for Ms. Jackson, though, is the lack of sources and the lack of citations. From what I saw on the Kindle version of the book -- and I could be mistaken simply because the Kindle applications could have lagged and skipped over it -- there were no index or footnotes citing the studies or statements professionals said about narcissism. Other than that, the book is a great, easy read. If you're looking for help on how to handle narcissist, you found the right material.

As an only child, dealing with a narcissistic mother has been hell my whole life and we have been estranged many years and many times because of it and now I have some insight on how to manage it because I am in a position that I cannot cut her out of my life again and again. I thought she would change with age and her christianity....but she lives in denial and the rest of her family has cut her off.

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