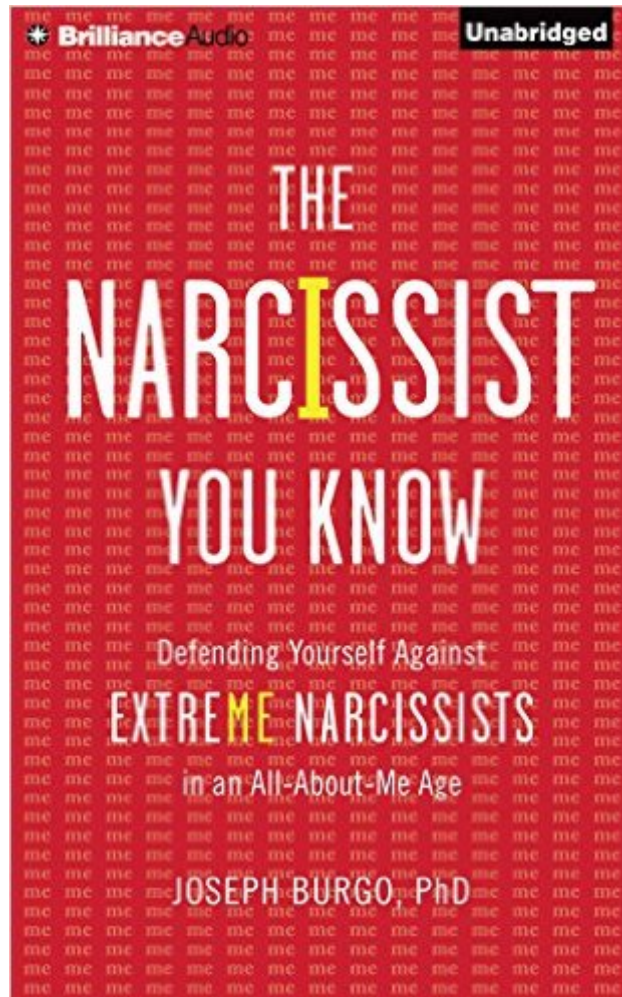


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# The Narcissist You Know: Defending Yourself Against Extreme Narcissists In An All-About-Me Age



## Synopsis

In the tradition of *The Sociopath Next Door*, clinical psychologist Joseph Burgo's *The Narcissist You Know* is a guide to help you identify, disarm, and coexist with extreme narcissists. In today's social media and selfie-obsessed culture, we are living in an age of narcissism and a society that often celebrates this potentially harmful trait rather than understanding it as a psychological disorder. Scientists are beginning to learn that narcissism exists on a spectrum—much like autism—and most of us exhibit some mild narcissistic tendencies. But one in twenty people fall into a category the author refers to as Extreme Narcissism, in which these self-absorbed characteristics result in destructive behavior that harms not only the individual but everyone around them, including friends, family, and coworkers. With more than thirty years of experience studying personality disorders and treating extreme narcissists, Dr. Joseph Burgo has developed a useful guidebook to help you identify, understand, and manage narcissistic personalities. Relying on detailed profiles, vignettes from the author's practice, and celebrity biographies, *The Narcissist You Know* offers easy-to-understand tools and solutions you can use to defuse hostile situations and survive assaults on your self-esteem should you ever find yourself in an extreme narcissist's orbit. Don't let narcissism destroy your relationships. Get the tools you need to understand, work with, and live with the narcissist you know.

## Book Information

Audio CD

Publisher: Brilliance Audio; Unabridged edition (September 27, 2016)

Language: English

ISBN-10: 1501274791

ISBN-13: 978-1501274794

Product Dimensions: 6.5 x 0.6 x 5.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (47 customer reviews)

Best Sellers Rank: #1,506,810 in Books (See Top 100 in Books) #140 in [Books > Books on CD >](#)

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## Customer Reviews

With only 1% of the US population actually meeting the DSM diagnostic criteria for the Narcissistic

Personality Disorder, practicing psychotherapist psychoanalyst Dr. Joseph Burgo examines the psychological traits that pertain to 5% of the population: "the extreme narcissist" in his highly informative comprehensive "The Narcissist You Know: Defending Yourself Against Extreme Narcissists in an All-About-Me Age". Narcissism is a popular catch-all term, over used at times for those difficult people- hard to understand and get along with. Dr. Burgo explains the distinctive personality traits in each chapter, using celebrities as examples: from the fragile easily wounded, the winner-loser mentality and the bully, the seductive narcissist, the grandiose, the know-it-all, the self righteous, the addicted narcissist. Readers will be able to identify people they know, and that surprisingly, these are learned behaviors often from parent to child. Narcissism is always a result from deep hurt and pain, and as long as we judge their offensive behaviors and actions, we aren't any better. Dale Carnegie observed that most people will get defensive when criticized even if it well deserved and accurate. To "roll over" to protect from an attack requires a strong sense of character and belief in self-worth without a need for validation. Dr. Burgo offers expert advise in dealing with the self-importance and sense of entitlement, controlling, blaming others, lack of empathy, remorse, and no regard for the feelings/rights of others. It is wise to note that an extreme narcissist can easily be offended by another person's existence. In the work place, however, it may be necessary to find another job.

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