



Narcissism: Understanding a Selfish Person With Narcissistic Personality Disorder (Dealing With Narcissists, Narcissists & NPD Books)

Barbara Gain

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How to Deal With a Narcissist in Your Life - Narcissistic Personality Disorder

It can be very challenging to deal with and try to understand a narcissist. The lack of empathy and selfishness of a narcissist, makes them have issues with other people in their life. They are the last person who will admit that something is wrong with them because they usually refuse to acknowledge their flaws, seeing themselves as superior beings. This could be anyone close to you; your mother, father, friend, husband or wife. Or you may even be asking yourself “ am I a narcissist.” It’s true that there are many conceited and selfish individuals in the world, but narcissists are even worse.

Here are a Few Things From the Book Narcissism:

What is Narcissism?

Narcissistic personality disorder is a condition characterized by an exaggerated view of their importance, lack of empathy, and selfishness. Just like any other personality disorder, this condition shows a never-ending pattern of behavior that affects the social, professional, and familial relationships of the one suffering from it. These people have an inflated opinion of their perceived abilities or traits. While some of them may truly be attractive, talented, or intelligent, narcissists often see themselves as exceptional compared to others. They often consider themselves as especially valuable.

What Causes Men and Women to Be Narcissistic?

There are no scientific causes as to the specific cause of narcissism. However, it is believed that parenting and family relationships may play a role in forming this disorder in an individual. For instance, children who were raised with extreme affection, praise or pampering tend to become narcissists. However, there are also cases when abuse and neglect also contributed to developing this disorder.

Can Narcissistic Personality Disorder Be Treated?

Some cases may be helped by psychotherapy, but this solution can have a limited effect on the person and it may take years before seeing genuine results. If therapy can help a few cases, it would likely be with people who are suffering from a mild narcissistic personality disorder.

Some More Things From The Book: Dealing With a Narcissist

Here are a Few Signs, Symptoms and Personality Traits of Narcissism:

- A never-ending need for affirmation, attention, and praise
- Feelings of entitlement
- Feeling that people are envious of them or that they are envious of others
- Bully-like behavior
- Emotional detachment
- Incessant talks about people behind their backs
- Inability to feel remorse

If you are dealing with a narcissist in your life this book can help you learn to deal with them in a way that is healthy for you and your feelings. Get it now while it is being offered for this introductory price!

Tags: narcissism, narcissists, what is a narcissist, dealing with a selfish person, mental illness, sociopath, signs and symptoms of personality disorders, emotionally abusive relationships, borderline personality disorder, conceited men and women, self-involved and emotionally detached, narcissistic personality disorder

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Barbara Gunter:

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Helen Johnson:

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Catherine Stoltenberg:

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