



The Narcissist You Know: Defending Yourself Against Extreme Narcissists in an All-About-Me Age (Paperback)

By Joseph Burgo

Touchstone Books, 2016. Paperback. Condition: New. Reprint. Language: English . Brand New Book. In the tradition of *The Sociopath Next Door*, clinical psychologist Joseph Burgo's *The Narcissist You Know* is a clear, easily digestible (Kirkus Reviews) 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 spot narcissists out there in the wild (*Glamour*) and then understand and manage the narcissistic personalities in your own life. Relying on detailed profiles, vignettes from the author's practice, and celebrity biographies...



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Reviews

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