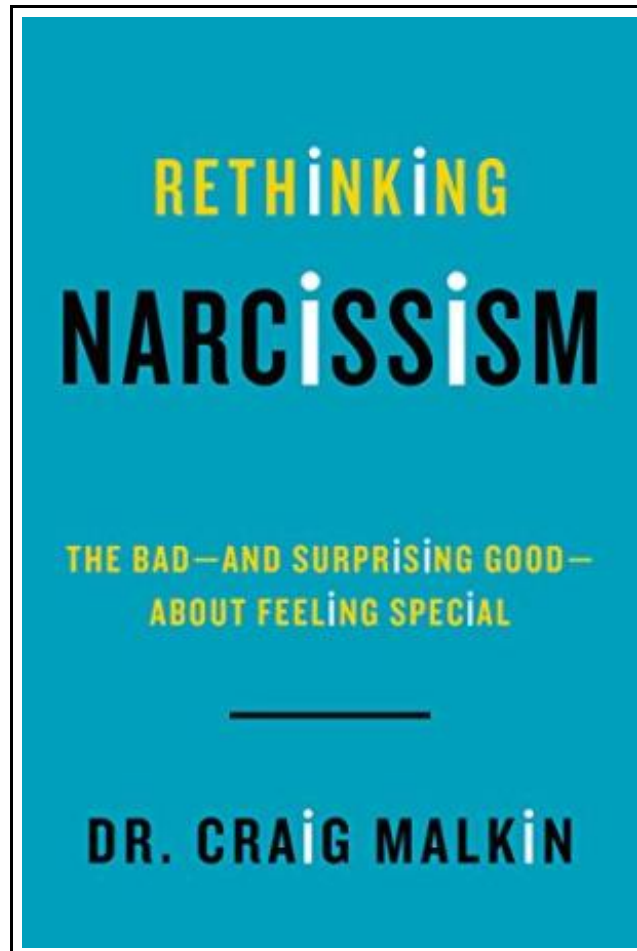


Rethinking Narcissism: The Bad-And Surprising Good-About Feeling Special



Filesize: 2.72 MB

Reviews

This ebook might be worth a read, and superior to other. It is probably the most amazing publication we have read. Your lifestyle period will likely be transform once you total looking over this publication.
(Alana McCullough)

RETHINKING NARCISSISM: THE BAD-AND SURPRISING GOOD-ABOUT FEELING SPECIAL



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HarperCollins Publishers Inc. Hardback. Book Condition: new. BRAND NEW, Rethinking Narcissism: The Bad-And Surprising Good-About Feeling Special, Craig Malkin, Dr Craig Malkin, Are you a narcissist?"What is narcissism?" is one of the fastest-rising searches on Google, and articles on the topic routinely go viral. Yet the word "narcissism" seems to mean something different each time it's uttered. In fact, the more it's slung about, the more elusive its true meaning becomes. The only certainty, it would seem, is that it's "bad" to be a narcissist really bad. That's terrible news for millennials, who've been branded "the most narcissistic generation ever."In Rethinking Narcissism, Dr. Craig Malkin a Harvard Medical School Instructor and clinical psychologist with more than two decades of clinical experience offers a radically new model for understanding this often misused term. Narcissism, argues Dr. Malkin, is essentially a spectrum of self-importance and everyone falls somewhere on the scale between utter selflessness and total arrogance. When we casually invoke the term "narcissist," most of us are referring to the outer edge of the spectrum, which can shade into dangerous psychopathy. But there are also those who live at the lower end of the spectrum dubbed "echoists" by Dr. Malkin. These, too, are people we know; people so fearful of attention or acknowledgment that they often seem to have no voice at all.Drawing on his own research as well as on the latest findings in psychology, Dr. Malkin uses vivid stories of people from all walks of life to teach concrete strategies for spotting and coping with excessive narcissism. At the same time, he explains why embracing some degree of narcissism the drive to feel special is essential to maintaining a healthy sense of self-worth. Using his new tool, the Narcissism Test, he not only guides readers through the process of...

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