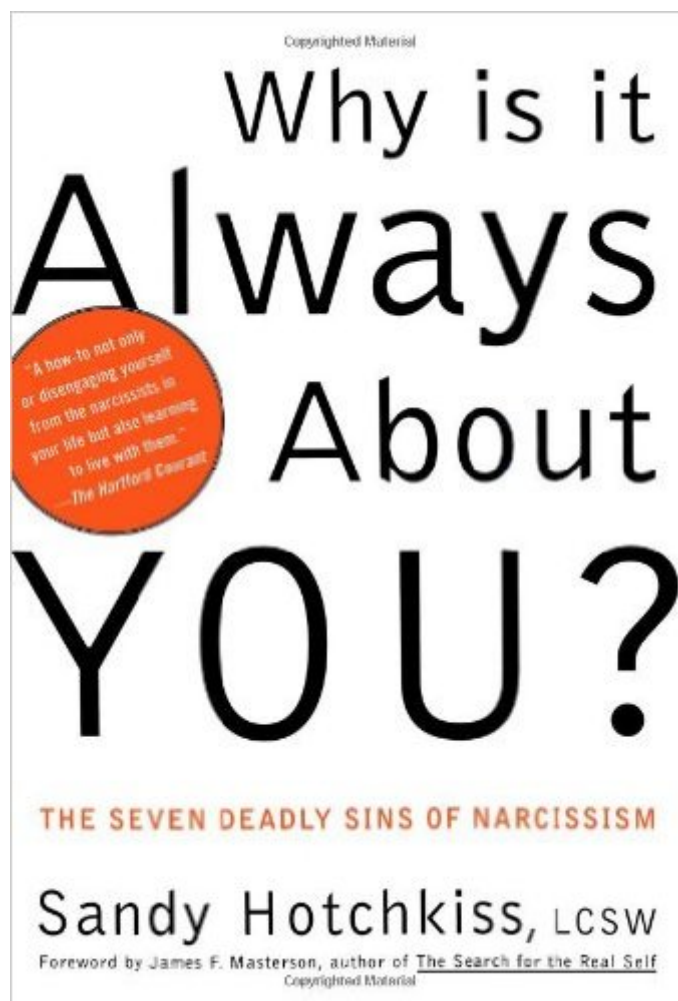


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Why Is It Always About You? : The Seven Deadly Sins Of Narcissism



Synopsis

In this groundbreaking book -- the first popular book on narcissism in more than a decade -- clinical social worker and psychotherapist Sandy Hotchkiss shows you how to cope with controlling, egotistical people who are incapable of the fundamental give-and-take that sustains healthy relationships. Exploring how individuals come to have this shortcoming, why you get drawn into their perilous orbit, and what you can do to break free, Hotchkiss describes the "Seven Deadly Sins of Narcissism" and their origins. You will learn to recognize these hallmarks of unhealthy narcissism -- Shamelessness, Magical Thinking, Arrogance, Envy, Entitlement, Exploitation, Bad Boundaries -- and to understand the roles that parenting and culture play in their creation. Whether the narcissist in question is a coworker, spouse, parent, or child, *Why Is It Always About You?* provides abundant practical advice for anyone struggling to break narcissism's insidious spread to the next generation, and for anyone who encounters narcissists in everyday life.

Book Information

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Customer Reviews

The Hartford Courant A how-to not only for disengaging yourself from the narcissists in your life but also learning to live with them. Drew Pinsky, M.D. A practical and accessible book about one of the most prevalent personality disorders of our time. Jerold J. Kreisman, M.D. coauthor of *I Hate You -- Don't Leave Me: Understanding the Borderline Personality*. People who experience narcissism in themselves or in others now have a guide to help them steer through the storm.

A prominent psychiatrist, James F. Masterson was born in Pennsylvania and educated at the University of Notre Dame and Jefferson Medical College. As a psychiatrist, Masterson became an authority on the treatment of personality disorders. He founded the Masterson Institute for Psychoanalytic Psychotherapy in 1977 and he wrote seven influential texts during his career. He died in 2010.

Very good informatiin and a knowledgable book about psychpaths. Make you aware that there are really hollow heartless people in our society. This happened to me. I was in love with a man I treated like gold. I was his everything but he was never mine. A big eye opener, if you are trying to heal from a narcissistic relationship this is the book for you.

If you run from the narcissist in your life, you'll always be running, because there's always another one waiting around the corner. I am not speaking about physical abuse or horrifying marriages. I'm talking about the self-absorbed monsters that we frequently have to deal with at work, socially, or (God forbid) our own families. It's better to be fully prepared to deal with those who somehow manage to suck all the oxgyn out of the room as soon as they enter than beat yourself up wondering why you have such a problem in your life. They are the problem, and they are probably the problem in every relationship they have ever been in. If the relationship you are having with a narcissist is not of the "disposable" variety -- if it will not cost you unduly to walk away -- then this excellent book will teach you ways to take control as best you can with as little cost to you as possible. However, I must add that if your exposure to one of these monsters has involved physical abuse to yourself or a child (or severe emotional trauma) get away by any means possible. There's no negotiating safety issues!

This book tells you a lot about what a narcissist is and gives ways to change interactions with a self absorbed person that can result in less stress. There is information in this book that is different from the information in "Disarming the Narcissist: Surviving and thriving", by Wendy Terrie Behary LCSW and "The Object of My Affection Is in My Relection", by Rokelle Lerner. All three books are well worth reading if you are trying to learn how best to interact with the people in your life who are self absorbed as well trying to find out why they are the way they are and understanding them better..

Learning how to identify and deal with narcissistic personalities is an important skill for your mental and financial well being. Con artists and cult leaders are examples of such people and they exploit

others to benefit themselves. The author has done a good job of describing how narcissists operate, so you can disassociate from them or better cope with their self-serving tactics. While those who exhibit Narcissistic Personality Disorder are rare, toxic narcissism is common and learning the methods in this book can help you maintain your composure, dignity, sanity, and solvency.

This is a thoughtful book that provides some clarity to those of us trying to understand narcissism. I found it useful in its intersections with relationships. The seven deadly sins is a useful construct. It's tough medicine because it's hard not to see some of the sins in our own behavior. The most useful passages were when she outlined parents modeling good behavior with their children.

Got a co-worker that lives to make everyone miserable when he doesn't get his way? I work with someone who fits the most extreme definition. A good read but don't know if any professional techniques are applicable to the hard cases that you have to work with. However, it is good to have an idea of what makes them tick and how they manipulate. I actually showed him this and two other books and he didn't even get it that I was talking about him.

This book explained some things I had always known about the narcissists in my life. I found it put words to instincts I've had since I was a teenager. Section about parenting was excellent - only wish more people could take recommendations to heart.

I purchased this book on the recommendation of a friend after ending a tumultuous relationship. The book explained every aspect of my experience and helped me understand the mechanisms of narcissism, the manifestations, and healthy coping mechanisms. For me, it has helped to close a chapter of my life that ended with a lot of unanswered questions. The language was advanced but concise and important concepts were often repeated throughout the book, which aided my comprehension. I strongly recommend this book to anyone who has had the deflating experience of interacting with a parent, child, supervisor, or significant other with strong narcissistic tendencies.

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