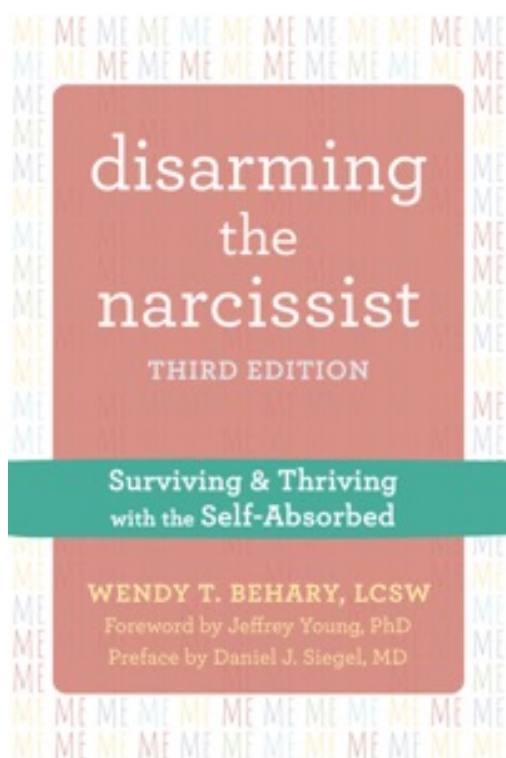


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Download or Read Online *Disarming the Narcissist* Free eBook (PDF/ePub/Mobi/Mp3/Txt) Wendy T. Behary -, *The go-to guide for dealing with the narcissist in your life—now fully revised and updated based on reader feedback!*

Do you know someone who is overly arrogant, shows an extreme lack of empathy, or exhibits an inflated sense of entitlement? Do they exploit others, or engage in deluded thinking? These are all traits of narcissistic personality disorder, and when it comes to dealing with narcissists, it can be difficult to get your point across. So, how do you handle the narcissistic people in your life? You might interact with them in social or professional settings, and you might even love one—so ignoring them isn't really a practical solution. They're frustrating, and maybe even intimidating, but ultimately, you need to find a way of communicating effectively with them.

Now a self-help classic, *Disarming the Narcissist* is a practical, step-by-step communication guide to help you cope with and confront the narcissist in your life. Based on reader feedback, this fully revised and updated third edition features new information on shame, hypersexuality, and infidelity in narcissism; legal information to help you if you are divorcing a narcissist; and the impact of narcissism on children.

With this how-to guide, you'll learn how to separate yourself from a narcissist's traps, and gain the respect and validation you deserve—while side-stepping unproductive power struggles and senseless arguments with someone who is at the center of his or her own universe. Finally, you'll learn how to set limits with your narcissist and when it's time to draw the line on unacceptable behavior.

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