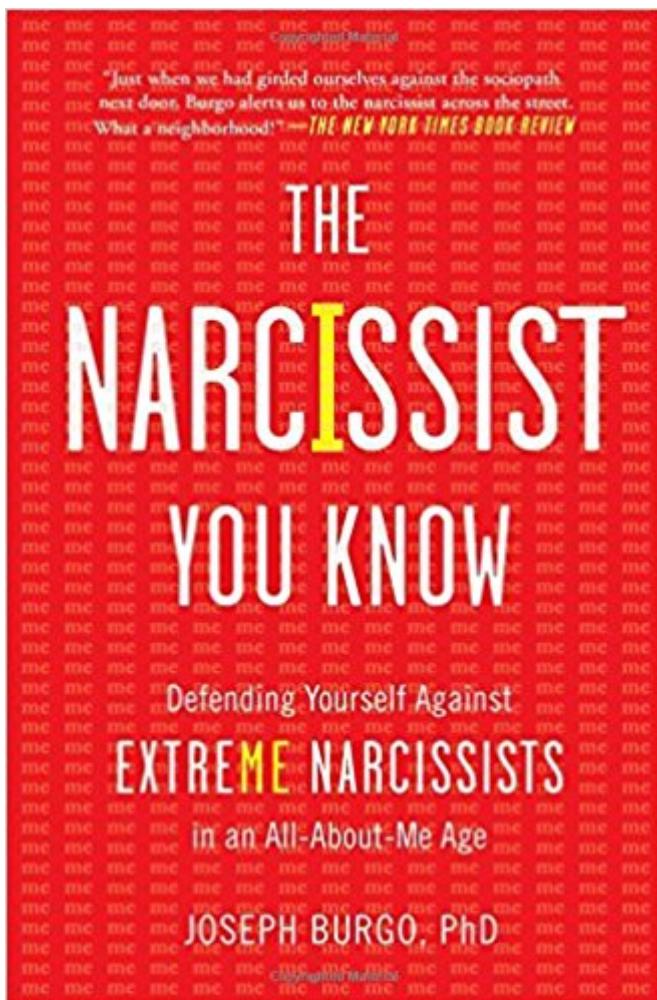


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The Narcissist You Know: Defending Yourself Against Extreme Narcissists In An All-About-Me Age



Synopsis

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, *The Narcissist You Know* offers easy-to-understand tools and solutions you can use to defuse hostile situations and survive assaults on your self-esteem should you ever find yourself in an extreme narcissist's orbit.

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Customer Reviews

"Joseph Burgo helps us recognize the variety of ways narcissism can look. By unveiling the

early pain and trauma behind these extreme defenses, he not only gives us a way to make sense of these vexing and often cruel behaviors but to feel some compassion for those who, out of desperation, resort to them. A clear and useful guide to navigating the Extreme Narcissists in your life."--Jasmin Lee Cori, MS, LPC "author of The Emotionally Absent Mother and Healing From Trauma ""Joseph Burgo helps us recognize the variety of ways narcissism can look. By unveiling the early pain and trauma behind these extreme defenses, he not only gives us a way to make sense of these vexing and often cruel behaviors but to feel some compassion for those who, out of desperation, resort to them. A clear and useful guide to navigating the Extreme Narcissists in your life."--Jasmin Lee Cori, MS, LPC "author of The Emotionally Absent Mother and Healing From Trauma ""A terrific book! Dr. Burgo has written an extremely readable and clear exploration of Extreme Narcissists. He presents effective strategies for protecting your emotional well-being and your self-worth from their bewildering and often destructive behavior. I highly recommend this timely and important book."--Susan Forward, PhD "author of Toxic Parents and Mothers Who Can't Love""Dr. Burgo explores the many faces of narcissistic personality, among the least studied and understood of psychiatric conditions. In layman's language he describes various sub types of narcissism, venturing past the usual stereotypes of unsympathetic and unlikable grandiosity. Dr. Burgo presents guidance in dealing with 'the narcissist you know.'"--Jerold J. Kreisman, MD "co-author of I Hate You, Don't Leave Me: Understanding the Borderline Personality""Engaging and spot on! Joseph Burgo explains the many faces of Extreme Narcissism and what you need to know to stay out of trouble."--Sandy Hotchkiss, LCSW "author of Why Is It Always About You?: The Seven Deadly Sins of Narcissism ""An interesting and insightful book on a problem that confuses and frustrates almost everyone: narcissists and narcissistic personality disorder. As the world catches on to the importance of dealing with narcissists effectively, this book will be one of the primers. It describes a wide range of their dysfunctional dynamics, as well as revealing many of their childhood traumas. Dr. Burgo has provided an important blend of wariness and empathy -- both for narcissists and for those who know them all too well."--Bill Eddy "co-author of It's All Your Fault at Work: Managing Narcissists and Other High-Conflict People""A smart, fresh, and invaluable guide to the types of narcissists and their behaviors, as well as life- and soul-saving advice on how to deal with them or fend them off."--Peg Streep "author of Mean Mothers""Fresh insight into the troubling narcissism epidemic, providing us with signs to help us recognize and disarm 'the narcissist we know.' A fascinating, timely book by a leading expert who offers a real guide to dealing with self-absorbed individuals in our 'all-about-me' culture. Highly recommended!"--Michele Borba, PhD "author of UnSelfie "

Joseph Burgo, PhD, has practiced psychotherapy for more than thirty years and held licenses as a marriage and family therapist and clinical psychologist. He earned his undergraduate degree in English Literature at UCLA and both his masters and doctorate in Psychology at California Graduate Institute in Los Angeles. Dr. Burgo has been quoted or featured as an expert on NPR and in publications such as USA TODAY, Glamour, The New York Times, and numerous other publications. As a writer on mental health topics, he is a regular contributor to The Atlantic and a frequent blogger for Psychology Today.

I bought this book because I had been told that my son was a narcissist about 10 years ago, We have been estranged since then. Recently, I sat down and wrote him a poison pen e-mail, and I never heard back from him. Then his sister confronted me and asked me to make this right. So my long-lost son called me that night. We talked for about 45 minutes. He never said the word "narcissist". But he did call me evil. That's the second time one of my children has said that to me. So after the phone call, I opened this book. After about 10 minutes of reading, I could not find my son anywhere in the book. I saw myself. So I am doing the painful work of recognizing how I have managed to destroy my relationships with my three children. I am burning with shame as use this book as a mirror. I trust God, and I know that he can take this away from me, but I think it's too late to repair the years of abuse that I have heaped on my children. They will never let me get close to them again. I'm glad I found this book now. I have time to make better choices about how I behave, how I react to perceived slights and injuries. Many thanks to the author.

Not the best nor the worst book on the subject. On the whole the book lacks cohesiveness and reads very disjointedly with MANY celebrity names bandied about for no really constructive reason, at least not to me. I don't care what Steve Jobs was like and I don't think knowing Madonna had abandonment issues helps the ordinary reader learn more about the subject. It may help to sell more books in the celebrity driven pop culture audience targeted but the best things in the book are the check list and some of the coping strategies offered. If given another chance to purchase I would pick another book.

I read this book from beginning to end without a single break. In part, that was due to my newfound interest in trying to discover the roots of my own past "core shame," and how to recognize and deal with it. But my interest in this author's writing is also what held me captivated. This is not only an

excellent book for understanding "the narcissist we [may] know, but also for coming to understand ourselves, and the degree of our own [however slight] narcissistic tendencies in ourselves and our relationships with others. I find it difficult to paint a broad stroke in claiming we all have some narcissistic tendencies, for fear of some people taking offense at my broad claim. But I do believe it to be true, the more I read about narcissism, and if we all could just step back for a moment without feeling any sense of threat to ourselves as having narcissistic tendencies, we may find some comfort in knowing we are among good company in recognizing even slight narcissistic traits in our own selves. Recognizing and finally admitting such in ourselves need not be some new badge of shame we have to bear. Instead, let it be a representation of our human condition. And if we can accept some minute level of narcissism in ourselves, I feel we are all then better equipped to find some measure of compassion for those in our lives who we feel have TONS of narcissistic issues, based on our hurtful experiences with those people. If we can accept our own seemingly minor shortcomings, often one's we didn't even formerly recognize in ourselves, perhaps we can find our way to understanding the Extreme Narcissists in our lives and how, even if we must walk away from them permanently at some point, we are able to see that it was NOT us who were at fault in the relationship, thus we need not remain forever bitter toward the Extreme Narcissist we got involved with. Indeed, it is only they who have those serious emotional difficulty, not us, and so it is only they who can deal with that problem, much as we might have wished we could have helped. For some, in the end, we cannot save them, so we must save ourselves. Decades of beating our heads against a wall solves nothing. But coming to understand similar, if less serious traits in ourselves may serve to prevent future generations of people we are close to from growing up feeling their own kind of "core shame," if that shame unwittingly evolved from something we, even unconsciously, subjected them to. You will enjoy this book if you are open to the possibility that you may unconsciously be portraying any even slight narcissistic tendencies of your own, and are open with curiosity to discovering the range of possible narcissistic traits any one of us unknowingly harbors. Be good to yourself. Narcissism is not so much a human failure as it is one of many human conditions. That's all. Enjoy and learn from this author!

I follow Dr. Burgoñó's blog After Psychotherapy and I've read his last book, WHY DO I DO THAT?, more than once. I often recommend it to friends and will do the same with THE NARCISSIST YOU KNOW. I was eagerly awaiting its release and read it through in one big gulp as soon as I downloaded it onto my Kindle. One of the more interesting points the author makes is that narcissists are different from the rest of us only in degree and intensity. We all

make use of similar defenses to ward off blows to our self-esteem, but narcissists are relentless about it. The chapter about the link between addiction and narcissism was also an eye-opener. Read this book if you want to learn more about how to deal with narcissists and also learn something about yourself in the process.

Even though I first thought that Stop Walking on Eggshells had provided more tips for non narcissists and bpd, and help to manage our relationships with them, this book is very good at showing an array of narcissistic behaviors and go deep enough into their analyses. Very insightful, a must read.

Very informative read. The writing style is great for the layman and gets to the point. If you are needing information on this subject, this is a must to have. I had trouble putting it down until I finished it!

Trying to learn how to deal with a ghastly close relative.

One of the most helpful and enlightening books I have ever read. Thank you, Joe Burgo!

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