

Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed

By Wendy T. Behary

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How can you handle the narcissistic people in your life? They're frustrating (and maybe even intimidating) to deal with. You might need to interact with some of them in social or professional settings, and you might even love one-so sometimes it just doesn't work to simply ignore them. You need to find a way of communicating effectively with narcissists, getting your point across and meeting your needs while side-stepping unproductive power struggles and senseless arguments. **Disarming the Narcissist** offers a host of effective strategies for dealing effectively with someone who is at the center of his or her own universe.

Disarming the Narcissist will show you how to move past the narcissist's defenses using compassionate, empathetic communication. You'll learn how narcissists view the world, how to navigate their coping styles, and why, oftentimes, it's sad and lonely being a narcissist. By learning to anticipate and avoid certain hot-button issues, you'll be able to relate to narcissists without triggering aggression. By validating some common narcissistic concerns, you'll find out how to be heard in conversation with a narcissist. 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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Editorial Review

From Publishers Weekly
Everyone knows a narcissist, one of those vainglorious individuals in desperate need of constant affirmation and attention. Cognitive therapist Behary's book argues that by modifying your own behavior, you can manage your relationship with such a person. Separating narcissism into categories (spoiled, dependent, deprived and combinations thereof) and exploring the causes of the disorder, the author hopes to assist the reader in overcoming the emotional obstacles involved in interaction with a boss, spouse, friend or relative. Rather than focus on changing the narcissist (which may be impossible), this book aims to help the reader improve self-knowledge to see why the narcissist pushes his or her buttons and how to cope. Some of the instruments Behary provides—such as checklists, flash cards, journal writing— are useful for determining the type of narcissist you are dealing with and how your past experiences affect your responses. The author acknowledges that her book is no panacea, and she doesn't present the reader with strategies for when the narcissist isn't responsive to the actions she has suggested. Notwithstanding this caveat, Behary's book will surely provide help to many in need of a confidence bolster in the face of provocation. *(Mar.)*
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Review

"Anyone whose life predicament includes dealing with a narcissist will bewell-advised to read Wendy Behary’s book and heed her advice. Disarming theNarcissist offers sound suggestions and keen insights—a breakthrough in oneof psychology's toughest cases."
—Daniel Goleman, author of *Emotional Intelligence*

"...a valuable contribution to the growing self-help literature on the fascinating subject of narcissism. Behary takes the reader step-by-step through a process of understanding our personal triggers to the wounding inherent in narcissistic relations and then lays out a pathway for personal empowerment and change."
—Sandy Hotchkiss, LCSW, author of *Why Is It Always About You?*

"This is a timely and important book. Wendy Behary offers a uniquely well-articulated exploration of the complexities of living with a narcissist, conveyed in a clear and elegant writing style. **Disarming the Narcissist** provides a treasure of insightful observations and strategies to help those working or living with a narcissist. Behary’s wisdom and warm humanity, together with her wide understanding and successful integration of interpersonal neurobiology and schema therapy, provides a fresh perspective that will help the reader make sense of relationships that often seem so confusing and give them tools to do something about it. I recommend this book heartily. "
—Marion F. Solomon, Ph.D., author of *Narcissism* and *Intimacy and Lean on Me*

"For the practicing clinician there is perhaps no other group of clients more difficult to work with or that generates more fear and feelings of inadequacy than narcissists. In **Disarming the Narcissist** , Behary has provided both the theoretical knowledge and practical advice necessary for clinicians to understand, empathize and, thus, help this challenging group of clients and their partners. Her “disarmingly” straightforward, accessible style and impressive clinical experience make this a very valuable book indeed."
—William M. Zangwill, Ph.D., director of EMDR Associates

"Behary is an exceptionally perceptive, compassionate, and creative clinician and an outstanding teacher. I have always found her immersed at the cutting edge of clinical science and practice. It has been both a privilege and an inspiration to watch her vision and clinical contributions evolve. These remarkable qualities are clearly evident in her new book, which I have no doubt will make a major contribution. It will bring anyone who deals with narcissism fully up to date with the latest our field has to offer, articulated in clear, poignant, and practical terms. "
—George Lockwood, Ph.D., director of the Schema Therapy Institute Midwest in Kalamazoo, MI

From the Publisher
Disarming the Narcissist is a step-by-step guide to treating and communicating with narcissists with compassion and empathy in a way that still preserves the reader's personal boundaries and sanity.

Users Review

From reader reviews:

Lee Flynn:

Now a day people that Living in the era wherever everything reachable by talk with the internet and the resources in it can be true or not call for people to be aware of each information they get. How individuals to be smart in obtaining any information nowadays? Of course the solution is reading a book. Studying a book can help individuals out of this uncertainty Information mainly this Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed book as this book offers you rich details and knowledge. Of course the data in this book hundred % guarantees there is no doubt in it you may already know.

Warren Johnson:

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William Rocha:

Playing with family within a park, coming to see the ocean world or hanging out with friends is thing that usually you could have done when you have spare time, then why you don't try factor that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed, you can enjoy both. It is very good combination right, you still wish to miss it? What kind of hangout type is it? Oh seriously its mind hangout folks. What? Still don't have it, oh come on its referred to as reading friends.

Willie Batres:

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