



Why is it Always about You?: The Seven Deadly Sins of Narcissism

By Sandy Hotchkiss

Simon & Schuster. Paperback. Book Condition: new. BRAND NEW, Why is it Always about You?: The Seven Deadly Sins of Narcissism, Sandy Hotchkiss, 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.



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Reviews

I actually started off reading this ebook. Indeed, it is play, nonetheless an interesting and amazing literature. Its been designed in an exceptionally basic way and is particularly only following i finished reading this book by which basically modified me, change the way i think.

-- **Otha Bogan**

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-- **Rory Mayert**