



You Might Be a Narcissist If... - How to Identify Narcissism in Ourselves and Others and What We Can Do About It

Paul Meier, Cynthia Munz, Lisa Charlebois

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Why is this relationship so hard? It is so invigorating to know that we don't have to stay stuck. Even if we're not the one struggling with narcissism, we can change the way we relate to the people who do.

Find out if the stress in your relationships with family, friends, or at work is unknowingly caused from narcissism in yourself or others... Narcissism is actually much more common than we may think and, in reality, most of us have some of these characteristics.

You Might Be a Narcissist If... was written by two psychotherapists and a psychiatrist with decades of both personal and professional experience with narcissism. It is filled with many interesting-to-read stories taken from the authors' or their clients' lives that clearly demonstrate examples of narcissism. A Narcissism Questionnaire and practical suggestions are given for dealing with narcissism whether it's in your spouse, a co-worker, or even yourself.

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