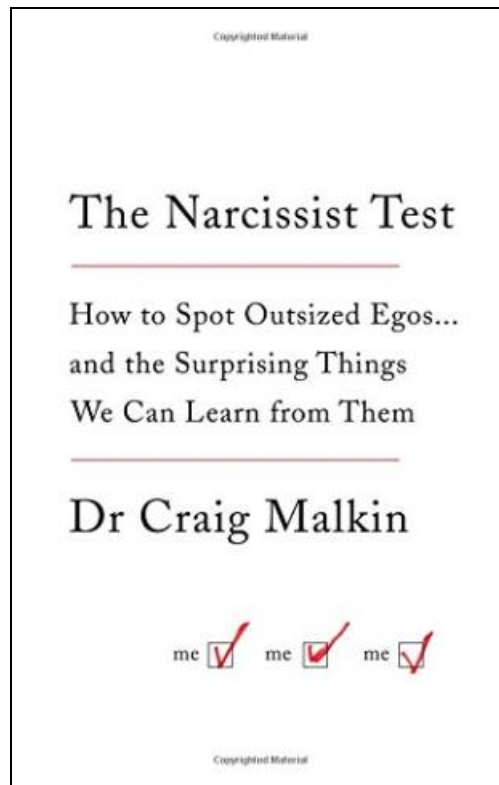


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HarperCollins Publishers, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. What exactly is narcissism? An incurable disease set to ruin your future, a habit to be curbed, or a trait to be nurtured? And how can you tell if your partner, child, or even you are a narcissist? Dr Craig Malkin offers a new picture of narcissism, showing us why being called a ` narcissist isn t necessarily such a bad thing after all. Narcissism is all around us. We are a selfie-obsessed generation, surviving on a steady diet of watching reality shows that celebrate attention-seeking know-and-do-nothings and posting a whopping 500 million tweets a day to document our every thought and whim. But is narcissism really as bad as we have been led to believe? In this groundbreaking book, clinical psychologist Dr Craig Malkin offers a radically new picture of narcissism, defining it as a spectrum of self-importance, and explaining that everyone falls somewhere on the scale between utter selflessness and total arrogance. He reveals why it is essential to embrace some level of narcissism in order to maintain a healthy sense of self-worth. Feeling special, to a degree, can make us better lovers and partners, courageous leaders, and intrepid explorers. As supportive as it is illuminating, The Narcissist Test is the first and only book to distinguish between healthy and unhealthy narcissism, and offers clear, step-by-step guidance on how to promote the healthy kind in your partner, children, and in yourself. From advice tailored to parents, social media users and even schools, this is the definitive text to help you overcome the bad - and embrace the good - about feeling special. Dr Craig Malkin is a clinical psychologist hailing from Harvard with over two decades of experience helping individuals, couples and families.



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