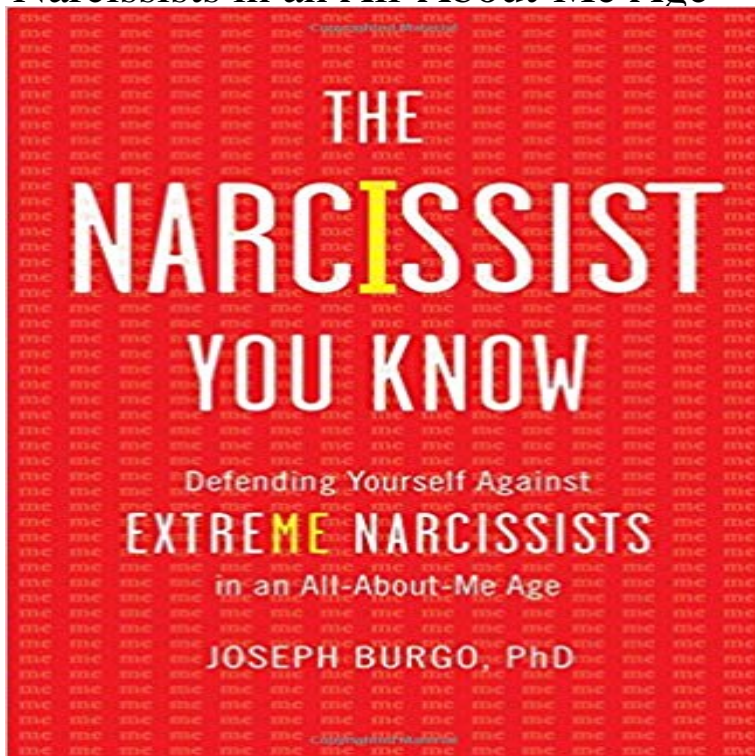


# The Narcissist You Know: Defending Yourself Against Extreme Narcissists in an All-About-Me Age



In the tradition of *The Sociopath Next Door*, clinical psychologist Joseph Burgo's *The Narcissist You Know* is a 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 identify, understand, and manage narcissistic personalities. 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. Don't let narcissism destroy your relationships. Get the tools you need to understand, work with, and live with the narcissist you know.

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