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Freeing Yourself from the Narcissist in Your Life

Linda Martinez-Lewi

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Freeing Yourself from the Narcissist in Your Life Linda Martinez-Lewi
Combining clinical analysis with psychological profiles of famous narcissists, here is an indispensable guide to recognizing, coping with, and ultimately overcoming the destructive behavior of narcissists.

Everybody needs some healthy narcissism. But in a society obsessed with appearance, wealth, and status, it's easy for problematic narcissists to thrive. Many people who seem to "have it all" are suffering from one of the most common--and overlooked--personality disorders of our time: high level narcissism. Typified by an obsession with perfection, a desperate need for admiration, and a willingness to use and exploit others for personal gain, high level narcissism can spell devastation for anyone who crosses the narcissist's path.

In *Freeing Yourself from the Narcissist in Your Life*, psychotherapist Linda Martinez-Lewi presents an in-depth and supportive plan for identifying, understanding, and dealing with high level narcissistic behavior in those close to you. Martinez-Lewi helps you to liberate yourself from draining personal relationships with narcissists, and shows how to regain a sense of peace, balance, and well-being.

Drawing on detailed profiles of famous narcissists, including Pablo Picasso, Frank Lloyd Wright, Armand Hammer, and Ayn Rand, as well as expertly rendered case studies from her private practice as a psychotherapist, Martinez-Lewi shows how to:

- understand where narcissistic behavior comes from;
-learn to spot narcissistic traits, even in the early stages of relationships;
- realize why attempting to change a narcissist is fruitless; and
- protect yourself from the narcissist's opportunism, manipulative behavior, and lack of empathy.

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