

[PDF] Freeing Yourself From The Narcissist In Your Life

Linda Martinez-Lewi - pdf download free book

Books Details:

Title: Freeing Yourself from the Nar

Author: Linda Martinez-Lewi

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Description:

"Psychotherapist Martinez-Lewi combines clinical analysis with psychological profiles of famous people she believes to have been narcissists (e.g., Frank Lloyd Wright, Ayn Rand) in this valuable guide to recognizing, coping with, and overcoming narcissistic behavior. She focuses on the high-level narcissist, i.e., the "omnipotent, grandiose, often charismatic individual of overreaching ambition and palpable hubris," distinguishing diagnostically between narcissists and borderline and antisocial personalities. She further presents a historical and societal perspective on narcissism, explaining the shift in focus in psychopathology from neuroses to personality disorders. Throughout, she draws on solid secondary biographies as well as relevant case studies from her private practice, and she ends with a reasoned discussion of decidedly Eastern approaches (e.g., meditation) to

counter narcissists' destructive behavior. The book is written with a calm directness and achieves the author's purpose of helping readers identify and protect themselves from naively tangling with these personalities. It offers more clinical analysis and experience than does Eleanor Payson's *The Wizard of Oz and Other Narcissists* and nicely complements Nina W. Brown's *Children of the Self-Absorbed*. Highly recommended for university and larger public libraries.

-Dale Farris, Library Journal

From Publishers Weekly This book's title makes a promise it doesn't keep. Martinez-Lewi, a marriage and family therapist, devotes more space to describing what she calls the classic high-level narcissist: charming, manipulative, needing to maintain a facade of perfection and power. But one can't always free oneself from narcissists (at work, for instance) except emotionally, which is the focus of her advice, when she gets to it. For the first 160-odd pages, the reader is treated to a melodramatic, vitriolic and metaphor-heavy (we have been through the forests and thickets of the inner and outer world of the narcissistic personality) outpouring of loathing for these *impossible* people. The juiciest parts of the book describe historical figures such as Ayn Rand, Pablo Picasso and Frank Lloyd Wright as prisoners of their own narcissistic personalities. As for her plan to free oneself from narcissists, she makes it sound more like a battle plan than self-help, involving guerrilla, spy-counterspy and cat-and-mouse strategies. In the end, it amounts to being true to yourself and practicing meditation to stay grounded. (*Jan.*)

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