



## Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special

By Dr. Craig Malkin



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Harvard Medical School psychologist and *Huffington Post* blogger Craig Malkin addresses the "narcissism epidemic," by illuminating the spectrum of narcissism, identifying ways to control the trait, and explaining how too little of it may be a bad thing.

"What is narcissism?" is one of the fastest rising searches on Google, and articles on the topic routinely go viral. Yet, the word "narcissist" seems to mean something different every time it's uttered. People hurl the word as insult at anyone who offends them. It's become so ubiquitous, in fact, that it's lost any clear meaning. The only certainty these days is that it's bad to be a narcissist—really bad—inspiring the same kind of roiling queasiness we feel when we hear the words sexist or racist. That's especially troubling news for millennials, the people born after 1980, who've been branded the "most narcissistic generation ever."

In *Rethinking Narcissism* readers will learn that there's far more to narcissism than its reductive invective would imply. The truth is that we all fall on a spectrum somewhere between utter selflessness on the one side, and arrogance and grandiosity on the other. A healthy middle exhibits a strong sense of self. On the far end lies sociopathy. Malkin deconstructs healthy from unhealthy narcissism and offers clear, step-by-step guidance on how to promote healthy narcissism in our partners, our children, and ourselves.

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### Editorial Review

#### Review

“A fresh approach to the way we regard one of psychology’s most complex conditions. In a book that’s persuasive, insightful, and never dry, Dr. Malkin offers the right mix of analysis and advice and presents compelling, ground-breaking evidence that narcissism is necessary—in the right doses, of course.” (**Peggy Drexler, PhD, Assistant Professor, Weill Cornell Medical College, author of *Raising Boys Without Men and Our Fathers, Ourselves***)

“This is an enthralling book. It takes the clichés of narcissism and unpacks them to help us understand and accept our human need to feel special while also coping with the dangers of self-absorption. It will become a classic.” (**Dr. Sue Johnson, author of *Love Sense: The Revolutionary New Science of Romantic Relationships***)

“... a book that will have readers rethinking themselves and, paradoxically, those around them.” (**Publishers Weekly**)

“This is a true gem on the subject of narcissism.” (**Library Journal**)

“[Dr. Malkin’s] reassuring tone and plethora of case histories offer considered advice and generous encouragement.” (**Kirkus Reviews**)

“A gripping and sometimes terrifying book that will make you look anew at your spouse, your parents, your children, your friends, your enemies, your fellow workers and - perhaps most pertinently - your reflection in the mirror.” (**The Daily Mail (UK)**, "Book of the Week")

“Dr. Craig Malkin offers a surprising, accessible analysis of narcissism—and explains why a healthy dash of narcissism can be a good thing.” (**Gretchen Rubin, bestselling author of *Better Than Before* and *The Happiness Project***)

“In *Rethinking Narcissism*, Dr. Malkin reveals the surprising good news about narcissism, exploring the complexities of narcissistic traits and deflating popular myths. Most importantly, he shows us how to develop a healthy sense of narcissism and how to manage relationships with narcissistic partners, friends, colleagues, and family.” (**Dr. Drew Pinsky, author of *The Mirror Effect***)

“Certainly one of the best books I’ve read this year. Don’t be fooled by the title.. this book is for anyone trying to better understand themselves and other people.” (**Todd Kashdan, PhD, author of *The Upside of Your Dark Side***)

“[A] fascinating book.” (**The Independent**)

“Among all the books that have been published on the topic in the past 10 years, *Rethinking Narcissism: The Bad - and Surprising Good - About Feeling Special* stands out as a definite must-read.” (**Psych Central**)

“Thank you, Dr. Malkin, for saying what needed to be said and clearing things up for me. For all of us.” (**BookTrib**)

"If you're to buy just one book on narcissism, this is the one to purchase." (**Leon Seltzer, author of *Paradoxical Strategies in Psychotherapy***)

"Malkin, a therapist and psychology instructor at Harvard Medical School, takes a more inspirational attitude..." (**New York Times Book Review**)

"...gives us all a coherent way of talking about a much-discussed but often over-simplified and over-dramatized subject in these 'look at me' times." (**Peg Streep, bestselling author of *Mean Mothers: Overcoming the Legacy of Hurt***)

"Rethinking Narcissism brings much needed compassion and clarity to one of the most vexing problems in mental health without ever resorting to false hope or naivete. In that way, the book itself is special." (**Tom Woottton, Huffington Post blogger and author of *The Bipolar Advantage***)

"The book that protects you from narcissists...Is there someone in your life who's hurting you and you just don't know it? In this Harvard researcher's illuminating, reads-like-a-novel-book, he reveals how to identify and repair your relationships to live with more fulfillment." (**Oprah Book Club 2.0**)

"Is there a narcissist in your life? Chances are, the answer's yes-here's how to spot them." (**Red Magazine**)

"Narcissists. They're everywhere...Not according to Dr. Craig Malkin, whose new book suggests we've got it all wrong." (**Sunday Times Magazine (London)**)

"If you're only going to read one book about narcissism this is it. Eminently accessible for the lay audience and professional alike, Dr. Malkin's penetrating insights, his superb ability to tell a good story, and his courage in disclosing elements of his own story, combine to make this remarkable book." (**Joseph Shay, PhD, Lecturer Harvard Medical School, co-author of *Psychodynamic Group Psychotherapy* and co-editor of *Odysseys in Psychotherapy and Complex Dilemmas in Group Therapy*.**)

"...will interest anyone who is intrigued about narcissism, what it means, where it comes from... [Dr. Malkin's] empiricist side shines through." (**New England Psychologist**)

"Craig Malkin's book is another step in the direction of a broad and inclusive psychological understanding of human behavior and a step away from prejudice and narrow concepts of the human mind." (**Irene Oestrich, Chefspsykolog, PhD**)

From the Back Cover

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## About the Author

Dr. Craig Malkin is an author, clinical psychologist, and lecturer for Harvard Medical School with two decades of experience helping individuals, couples, and families. His articles, advice, and insights on relationships have appeared in newspapers and magazines such as *Time*, the *New York Times*, *The Sunday Times* (London), *Psychology Today*, and *Women's Health*, as well as countless other magazines and websites. He's also been featured multiple times on NPR, CBS Radio, and the Oprah Winfrey Network channel; appeared on various local morning shows; and been a guest on more than sixty radio stations here and abroad. Dr. Malkin is president and director of the Cambridge, Massachusetts-based YM Psychotherapy and Consultation, Inc., which provides psychotherapy and evidence-based couples workshops. He lives in Boston with his wife and twin girls.

## Users Review

### From reader reviews:

#### **Maribel Davenport:**

The book Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special can give more knowledge and also the precise product information about everything you want. So why must we leave the great thing like a book Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special? Wide variety you have a different opinion about guide. But one aim that book can give many facts for us. It is absolutely right. Right now, try to closer using your book. Knowledge or info that you take for that, you are able to give for each other; you could share all of these. Book Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special has simple shape but you know: it has great and big function for you. You can appear the enormous world by open and read a book. So it is very wonderful.

#### **Wendy Lambert:**

Spent a free time to be fun activity to do! A lot of people spent their spare time with their family, or their very own friends. Usually they accomplishing activity like watching television, likely to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your current free time/ holiday? May be reading a book may be option to fill your free time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to consider look for book, may be the publication untitled Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special can be good book to read. May be it can be best activity to you.

#### **Robert Mills:**

As we know that book is very important thing to add our information for everything. By a reserve we can know everything we would like. A book is a set of written, printed, illustrated or perhaps blank sheet. Every

year had been exactly added. This e-book Rethinking Narcissism: The Bad-and Surprising Good-About Feeling Special was filled regarding science. Spend your time to add your knowledge about your scientific research competence. Some people has several feel when they reading some sort of book. If you know how big good thing about a book, you can sense enjoy to read a guide. In the modern era like right now, many ways to get book that you wanted.

**Edna Davis:**

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