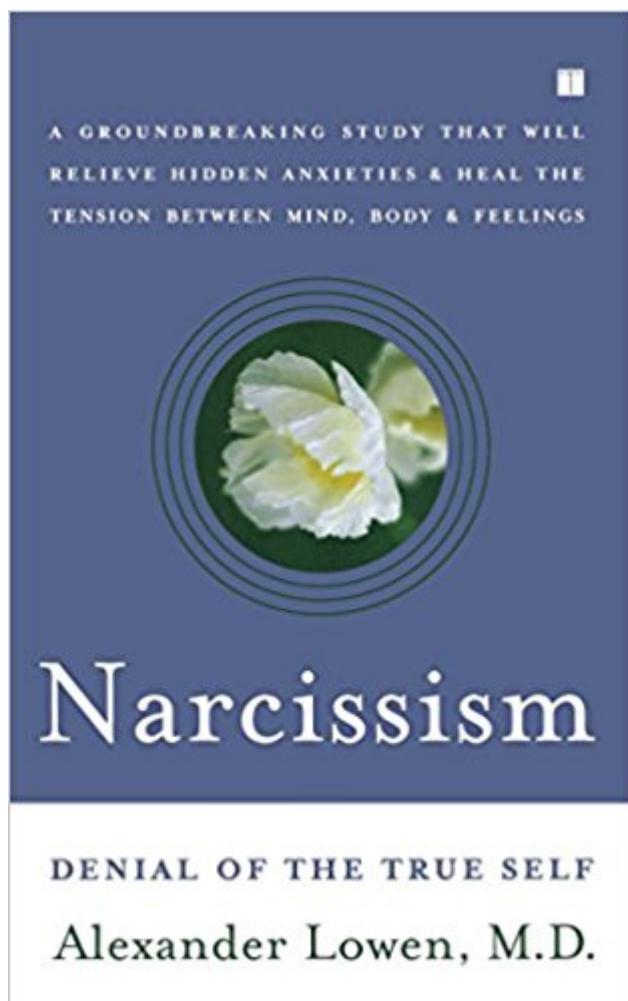


The book was found

# Narcissism: Denial Of The True Self



## **Synopsis**

NARCISSISM Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be &#149; More concerned with how they appear than what they feel &#149; Seductive and manipulative, striving for power and control &#149; Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity &#149; Without a solid sense of self, which leads them to experience life as empty and meaningless In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

## **Book Information**

Paperback: 242 pages

Publisher: Touchstone (March 1, 2004)

Language: English

ISBN-10: 0743255437

ISBN-13: 978-0743255431

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ  See all reviewsÂ  (72 customer reviews)

Best Sellers Rank: #90,910 in Books (See Top 100 in Books) #54 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #92 inÂ  Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #299 inÂ  Books > Health, Fitness & Dieting > Psychology & Counseling > Psychotherapy, TA & NLP

## **Customer Reviews**

This book describes the causes of and the processes involved in narcissistic behavior. The author, Alexander Lowen, is the founder of Bioenergetic Analysis (see below for a description) and he uses this perspective, in a framework of psychodynamic psychotherapy, to explain how narcissism develops. Generally, the book is well written and Lowen appears as an insightful, wise, and experienced therapist. His writing is usually clear and everything follows each other logically. He

uses lot of case histories from his therapy sessions with his clients to explain and support his claims. Sometimes he seems to describe certain concepts repeatedly. For example, narcissists are in denial of their feelings. This is the primary assertion of the book and it was repeated in one way or another many times. However, every time that this concept is mentioned, it is in a different context. Because of this, you have to pay close attention to what you're reading. So the book is not light reading unless you are closely familiar with most of the concepts. I was not paying a lot of attention the first time that I read the book, so had to read it a second time. Some of the case histories did not seem to be qualified as describing a narcissistic person. He seemed to call everyone with a traumatic childhood, a narcissist. However, I still had to give the book five stars as it does not deserve less because of its overall insightfulness of the narcissistic personality. I don't even agree with some of the assumptions of the Bioenergetic Analysis, however, this book is more about narcissism than Bioenergetic Analysis. Bioenergetic Analysis is a mind-body approach that assumes that people store unprocessed and unexpressed feelings in the form of chronic muscular tension.

[Download to continue reading...](#)

Narcissism: Denial of the True Self True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) Wes' Denial: Tease and Denial Book Two Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Bizarre True Stories: Weird And Unusual True Stories Of The Paranormal, Strange Sightings, Eerie True Ghost Stories And Unexplained Phenomena (True Paranormal ... True Ghost Stories And Hauntings) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) True Bigfoot Stories: Horrifying Encounters Of Bigfoot Horror: What Would You Do? What's The Truth? (True Bigfoot Stories, Cryptozoology, True Bigfoot ... True Bigfoot Encounters, Predator Book 1) Malignant Self-love: Narcissism Revisited (FULL TEXT, 10th edition, 2015) Malignant Self-Love: Narcissism Revisited NAVY SEAL: Self Discipline: How to Become the

Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) True Crime: Deadly Serial Killers And Grisly Murder Stories From The Last 100 Years: True Crime Stories From The Past (Serial Killers True Crime) Bizarre True Stories: Weird and Unusual True Stories of the Paranormal, Strange Sightings, Eerie True Ghost Stories and Unexplained Phenomena True Crime: The Worlds Weirdest And Most Vicious Killers Of All Time: True Crime Stories Of The Sick Minded Killers (Serial Killers True Crime Book 2) Ghost Stories: Petrifying True Ghost Stories Of The Undead And Their Supernatural Tales (Ghost Stories, True Ghost Stories, Conspiracy Theories, True Ghost ... And Hauntings, Haunted Asylums, Book 1) True Bigfoot Stories: Eyewitness Accounts Of Killer Bigfoot Encounters: Terrifying Stories Of Sasquatch Creatures (True Bigfoot Stories, True Bigfoot Horror, Conspiracy Theories, Conspiracies Book 1)

[Dmca](#)