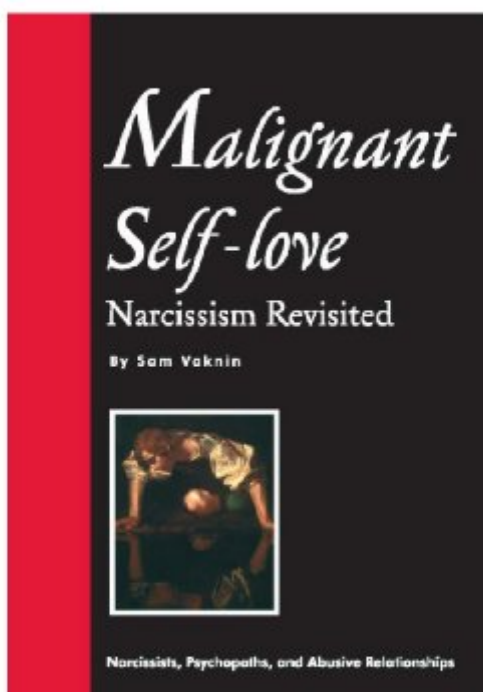


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# Malignant Self-love: Narcissism Revisited (FULL TEXT, 10th Edition, 2015)



## Synopsis

The FULL TEXT of Sam Vaknin's classic, groundbreaking BIBLE of NARCISSISM and NARCISSISTIC ABUSE, now in its 10th edition. Tips and advice as well as the most complete clinical background. Narcissistic Personality Disorder and its effects on the narcissist, the psychopath and their nearest and dearest in a variety of settings: the family, workplace, in Church, the community, law enforcement, and politics. 100 frequently asked questions and two essays - a total of 730 pages! Updated to reflect the NEW criteria in the recent fifth edition of the Diagnostic and Statistical Manual (DSM). You are not alone! Are YOU Abused? Stalked? Harassed? Victimized? Confused and Frightened? Were you brought up by a Narcissistic or Psychopathic Parent? Married to a Narcissist or a Psychopath - or Divorcing One? Afraid your children will turn out to be narcissists or psychopaths? Want to cope with this pernicious, baffling condition? OR: Are You a Narcissist or a Psychopath - or suspect that You may be one ... This book will teach you how to Cope, Survive, and Protect Your Loved Ones!"Malignant Self-love: Narcissism Revisited" is based on correspondence since 1996 with hundreds of people diagnosed with Narcissistic and Antisocial Personality Disorders (narcissists and psychopaths) and with thousands of their suffering family members, friends, therapists, and colleagues. The first ever book about narcissistic abuse, Malignant Self-love: Narcissism Revisited offers a detailed, first hand account of what it is like to have Narcissistic Personality Disorder. It contains new insights and an organized methodological framework. The book comprises more than 100 Frequently Asked Questions (FAQs) regarding relationships with abusive narcissists and the Narcissistic Personality Disorder. What is a personality disorder? When the personality is rigid to the point of being unable to change in reaction to changing circumstances - we say that it is disordered. Such a person takes behavioral, emotional, and cognitive cues exclusively from others. His inner world is, so to speak, vacated. His True Self is dilapidated and dysfunctional. Instead he has a tyrannical and delusional False Self. Such a person is incapable of loving and of living. He cannot love others because he cannot love himself. He loves his reflection, his surrogate self. And he is incapable of living because life is a struggle towards, a striving, a drive at something. In other words: life is change. He who cannot change cannot live. The narcissist is an actor in a monodrama, yet forced to remain behind the scenes. The scenes take center stage, instead. The Narcissist does not cater at all to his own needs. Contrary to his reputation, the Narcissist does not "love" himself in any true sense of the word. He feeds off other people, who hurl back at him an image that he projects to them. This is their sole function in his world: to reflect, to admire, to applaud, to detest - in a word, to assure him that he exists. Otherwise, the narcissist feels, they have no right to tax his time, energy, or emotions. The posting of Malignant

Self Love - Narcissism Revisited on the Web in 1997 has elicited a flood of excited, sad and heart rending responses, mostly from victims of Narcissists but also from people suffering from NPD. This is a true picture of the resulting correspondence with them. This book is not intended to please or to entertain. NPD is a pernicious, vile and tortuous disease, which affects not only the Narcissist. It infects and forever changes people who are in daily contact with the Narcissist. In other words: it is contagious. It is my contention that Narcissism is the mental epidemic of the twentieth century, a plague to be fought by all means. This tome is my contribution to minimizing the damages of this disorder.

## **Book Information**

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## **Customer Reviews**

This book is a master piece. I struggle for 30 years with a Covert narcissist, doubting and blaming myself, crying, feeling lonely and not loved, working so hard to please everybody else, nulling myself in favor of others with no results, nothing was ever enough, trying to understand, knowing that something was wrong and it wasn't me but couldn't nail it. And now finally everything is clear.

Sam Vaknin might not be a psychotherapist, but he sure knows more than any psychologist I've been to. He absolutely knows what he's talking about, both from a scientific and a human point of view. He explains this disorder so well that you have no doubt that you can trust his advice. No Contact. No matter how many years you were trapped, you can work on yourself and you can move on and have a healthy life, whether alone or in a new relationship. You are a person of great value and don't ever let anyone tells you the contrary. Read this book. Find out the truth. Move on. Let go. Be happy.

This book, paired with Lundy Bancroft's *Why Does He Do That*, gave me the knowledge and mental calmness to proceed through leaving my narcissist ex and proceed through the very contentious divorce process that followed. Because of Vaknin's willingness to crack open the narcissist experience and show it to the world, I can now predict my ex's reactions during our brief interactions (I only interact with him because we have kids) and the ground is solid beneath my feet. He is so spot-on with his descriptions. This book turned on the light in a very dark time in my life. Could not be more highly recommended.

I HIGHLY recommend the website and the book. Why did I never hear about NPD when I was suffering through an abusive marriage? Narcissists aren't textbook & not all cross the line into physically attacking. They are all very different. Conventional/Unconventional, Overachievers/Underachievers,..but you'll be surprised at how much they have in COMMON! The one thing I disagree with is that the victims in these relationships somehow subconsciously "pick" their abusers (poor self esteem/must have unconsciously picked codependency)...since those with NPD can fool most therapists and pretty much everyone else too... but most of the targets figure it out and leave!. Why would all these people leave if they subconsciously wanted and needed the chaos? Narcs are experts at picking YOU....because you're their ideal that needs some whittling down. They never fail to devalue, debunk, demoralize, and desert you..over and over again.

This book is a genuine lifesaver. To have what surely feels like the inexplicable behavior of a person with Narcissistic Personality Disorder explained so thoroughly and sincerely feels like the moment of truth in a horror movie, when the pieces fit together and suddenly one knows who the killer is. And from a person suffering the disorder himself! One of the most difficult aspects of dealing with a relationship with a person with NPD is leaving it. Time and love and much else has been invested. But this book does not mince words in insisting that leaving is the only option. After all, Vaknin

swears, from experience that he, nor anyone else with NPD can change. The other nightmarish part of such a relationship is feeling as though you've gone crazy, as the narcissist insists. Here all of the techniques to make you feel that way are described in plain, though gut-wrenching detail. I could not put this book down!

Only purchase it used. After all he is a narc. He does reveal everything. Which is great. And the book is on point. Very thorough. Very in depth. It is a must have if studying this subject or if you have been entangled with the narc. This should be on your shelf with Lundy Bancroft I don't know why he does that. Inside the mind of angry and controlling men. And Wizard of Oz and other narcissist Payson is the author of this one I think.

WHAT a brilliant man, Sam Vaknin. Love him. A real pleasure having his book to hold in my hand and research my "ex". Finally, I understand what happened to me for those hellish 20 years. THANK you Dr. Sam! AND TOO what has happened to my poor son...

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