

Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents

By Nina W Brown EdD LPC

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Being a parent is usually all about giving of yourself to foster your child's growth and development. But what happens when this isn't the case? Some parents dismiss the needs of their children, asserting their own instead, demanding attention and reassurance from even very young children. This may especially be the case when a parent has narcissistic tendencies or narcissistic personality disorder. From the author of Working with the Self-Absorbed and Loving the Self-Absorbed, this major revision of a self-help classic offers a step-by-step approach to resolving conflict and building a meaningful relationship with a narcissistic parent.

Children of the Self-Absorbed offers clear definitions of narcissism and narcissistic personality disorder to help you identify the extent of your parent's problem. You'll learn the different types of destructive narcissism and how to recognize their effects on relationships. With the aid of proven techniques, you'll discover that you're not helpless against your parent's behavior and that you needn't consider giving up on the relationship. Instead, realistic strategies and steps are suggested for learning to set mutually agreed upon behaviors that can help you fulfill your needs and expectations.

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Editorial Review

Review

"For those of us who have often suffered the inevitable humiliating regression back to childhood during every holiday with the family…this book offers real help to the reader to develop the self-protective art of indifference, a cloak that can be used at many a holiday gathering…and to understand the subtle yet profound differences between ineffective and effective confrontation, empathy and sympathy, and attaching response and defusing strategy…a completely new cupboard of techniques."
—Joel C. Frost, Ed.D., assistant clinical professor of psychology in the Department of Psychology at Harvard Medical School

"**Children of the Self-Absorbed** offers practical advice and guidance. The creative techniques and exercises are priceless to both the reader learning how to identify destructive parental behaviors and how to cope with them as well as the reader learning to nurture and protect his or her own developing self."
—Susan Hopper, Ph.D., clinical psychologist in private practice in St. Louis, MO

"Children of narcissistic parents are provided techniques to dig themselves out of impossible relationships with their parents…a thoroughly well thought out, useful manual to help adult children move toward more productive connection to their narcissistic parents, to themselves, and to others."
—Joan Medway, Ph.D., LCSW, psychologist in private practice in Potomac, MD

From the Publisher
A second edition of a self-help classic, **Children of the Self-Absorbed** offers the adult children of narcissistic parents the means to understand and cope with the behaviors and attitudes of their mothers and/or fathers while still meeting their own needs.

From the Back Cover

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Users Review

From reader reviews:

Carrie Wakefield:

As people who live in often the modest era should be revise about what going on or data even knowledge to make these people keep up with the era which can be always change and move ahead. Some of you maybe can update themselves by looking at books. It is a good choice for you personally but the problems coming to anyone is you don't know which one you should start with. This Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents is our recommendation to make you keep up with the world. Why, because book serves what you want and need in this era.

Dee Alaniz:

Reading can called head hangout, why? Because if you are reading a book specially book entitled Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents your head will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely can be your mind friends. Imaging every single word written in a reserve then become one application form conclusion and explanation which maybe you never get prior to. The Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents giving you yet another experience more than blown away your brain but also giving you useful info for your better life in this particular era. So now let us present to you the relaxing pattern the following is your body and mind will probably be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

Gabriel Reyes:

Your reading 6th sense will not betray you actually, why because this Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents reserve written by well-known writer whose to say well how to make book which might be understand by anyone who all read the book. Written in good manner for you, still dripping wet every ideas and creating skill only for eliminate your personal hunger then you still doubt Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents as good book but not only by the cover but also through the content. This is one book that can break don't ascertain book by its handle, so do you still needing another sixth sense to pick that!? Oh come on your looking at sixth sense already alerted you so why you have to listening to one more sixth sense.

Carrie Mathis:

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