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Why Is It Always About You The Seven Deadly Sins of

In this groundbreaking book -- the first popular book on narcissism in more than a decade -- clinical social worker and psychotherapist Sandy Hotchkiss shows you how to cope with controlling, egotistical people who are incapable of the fundamental give-and-take that sustains healthy relationships.

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Why Is It Always About You Book by Sandy Hotchkiss

Exploring how individuals come to have this shortcoming, why you get drawn into their perilous orbit, and what you can do to break free, Hotchkiss describes the "Seven Deadly Sins of Narcissism" and their origins. You will learn to recognize these hallmarks of unhealthy narcissism -- Shamelessness, Magical Thinking, Arrogance, Envy, Entitlement, Exploitation, Bad Boundaries -- and to understand the roles that parenting and culture play in their creation.

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Why Is It Always About You User Review - Overstock.com I bought this book to help with a narcissistic family member and came to realize we are all narcissistic in one way or another.

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They use you--you get their anger projected onto you and, since they are too ashamed to blow up, you end up blowing up. That's what happened to me, twice, with two individual N's. I had to read this book to work through what happened to me. Do you know people who never ask about your life but talk on and on about themselves? Get this book.

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Why Is It Always about You The Seven Deadly Sins of Narcissism by Sandy Hotchkiss, James F Masterson available in Trade Paperback on Powells.com, also read synopsis and reviews. For everyone who has ever been driven to despair, anger, or anguish by controlling, self-absorbed

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In her book Why is it Always About You? The seven deadly sins of narcissism, Sandy Hotchkiss describes how people come to have these shortcomings, how others get drawn into their orbit and how one can cope or break free. Hotchkiss describes how a narcissist* has not developed a realistic sense of self and an internalized system of values. As a consequence he or she may not be able to value or

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Why Is It Always About You The Seven book by Sandy

Free shipping on all U.S. orders over \$10! Overview. In the normal course of relationships, we all depend on others to affirm our sense of who we are.

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