



Why Is It Always About You?: The Seven Deadly Sins of Narcissism

Sandy Hotchkiss

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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. 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.

Whether the narcissist in question is a coworker, spouse, parent, or child, *Why Is It Always About You?* provides abundant practical advice for anyone struggling to break narcissism's insidious spread to the next generation, and for anyone who encounters narcissists in everyday life.

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From reader reviews:

Kim Gray:

Book is to be different for each and every grade. Book for children until eventually adult are different content. As we know that book is very important usually. The book Why Is It Always About You?: The Seven Deadly Sins of Narcissism ended up being making you to know about other understanding and of course you can take more information. It doesn't matter what advantages for you. The guide Why Is It Always About You?: The Seven Deadly Sins of Narcissism is not only giving you much more new information but also to become your friend when you sense bored. You can spend your own spend time to read your guide. Try to make relationship while using book Why Is It Always About You?: The Seven Deadly Sins of Narcissism. You never really feel lose out for everything in case you read some books.

Cora Conte:

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Charles Collier:

Reading can called mind hangout, why? Because if you find yourself reading a book especially book entitled Why Is It Always About You?: The Seven Deadly Sins of Narcissism your thoughts will drift away trough every dimension, wandering in most aspect that maybe not known for but surely can be your mind friends. Imaging every single word written in a publication then become one form conclusion and explanation this maybe you never get just before. The Why Is It Always About You?: The Seven Deadly Sins of Narcissism giving you one more experience more than blown away your thoughts but also giving you useful details for your better life in this particular era. So now let us demonstrate the relaxing pattern at this point is your body and mind will probably be pleased when you are finished studying it, like winning a sport. Do you want to try this extraordinary shelling out spare time activity?

Lucille Yang:

What is your hobby? Have you heard this question when you got college students? We believe that that question was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And you also know that little person including reading or as reading become their hobby. You must know that reading is very important and book as to be the issue. Book is important thing to provide you knowledge, except your teacher or lecturer. You get good news or update with regards to something by book. Numerous books that can you go onto be your object. One of them is actually Why Is It Always About You?: The

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