



Dealing with a Narcissist: 8 Steps to Raise Self-Esteem and Set Boundaries with Difficult People

Darlene Lancer

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Codependency author and expert Darlene Lancer explains the narcissist's mind and motives and the personality of their partners. Dealing with a Narcissist reveals the unconscious forces driving their mutual attraction and relationship dynamics and sheds light on the damaging impact narcissists have on their partners and children. This is also workbook with strategies that can improve your self-esteem and help you maintain your self-respect and set boundaries in relationships with addicts, narcissists, or emotionally abusive people.

If you were at first charmed by a narcissist, you soon had to contend with self-centeredness, defensiveness, and escalating criticisms and demands. Trying to satisfy them can feel impossible, and neither stops abuse, nor produces genuine caring and reciprocity. You end up frustrated and hurt that your feelings and needs are dismissed or ignored. Steadily, your self-esteem, confidence, trust, and independence decline in the relationship, as you give up more of yourself.

Whether you want to improve your relationship or are ambivalent about staying or leaving, Dealing with a Narcissist - 8 Steps to Raise Self-Esteem and Set Boundaries will provide clarity and tools to handle interactions with difficult people. You'll strengthen your self-esteem and gain the ability to set boundaries and communicate effectively. Eight steps are recommended with specific exercises and techniques, which are applicable to any relationship with a difficult person—whether passive-aggressive, controlling, abusive, manipulative, or with a borderline or narcissistic personality disorder.

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