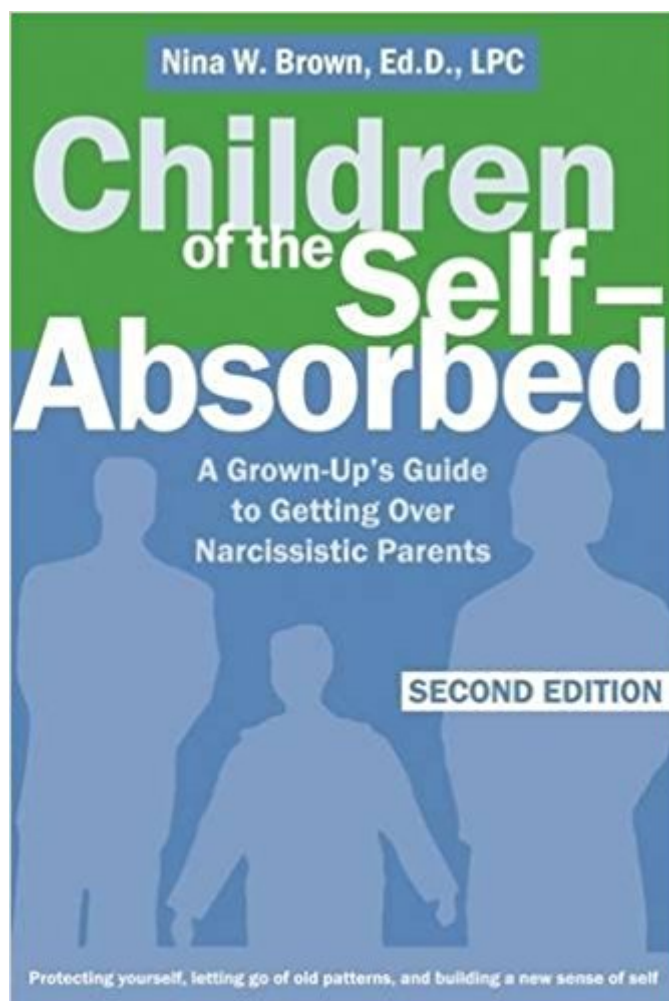


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# Children Of The Self-Absorbed: A Grown-Up's Guide To Getting Over Narcissistic Parents



## Synopsis

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.

## Book Information

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## Customer Reviews

"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

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.

I highly recommend this book. It has some immensely great insight into dealing with Narcissistic Parents. I love my copy and will never give it up. HOWEVER, be forewarned, the 1st and 2nd editions are two VERY different books. I have read all of the first edition and some of the second edition. They're both great reads but are truly two different editions of the same book. I suggest you read the first edition(the one with the yellow background on the cover)*Children of the Self-Absorbed: A Grown-up's Guide to Getting over Narcissistic Parents* – FIRST and THEN read the second edition.Be prepared to have old memories dug up and be uncomfortable. This is not one of those mamby pamby feel good self improvement books. It WILL help you understand and deal with the narcissistic parent(s) you have and help you understand them but it will not fix the problem just by reading it. You will have exercises you will need to implement and memories to deal with. It is worth every bit of the uncomfortable things. Change is uncomfortable but if you don't change, you will always be where you are now."If nothing ever changed, there would be no butterflies" - Unknown

It is a book that really touches on the truth. I gave it five stars because of this. It is hard to say that I loved it because when you are a child of such parents, no love is involved. You are constantly being observed for mistakes and the competition is fierce. You will never hear praise as the like parent always wants to look better than the child. It is an extremely hard way to grow up.

This book very much describes my mother to a "T". I have to read it randomly, otherwise I just stay angry all the time. She has made my life and my Dad's life a living hell. So the only way that I can keep my sanity is to just stay away from her, which I do now that my Dad has passed. For any child who has a Self-absorbed parent(s), you have my complete sympathy and empathy. The only other hellish existence for a child is to be the child of a physically/sexually abusive parent(s). This book did help me to have a little better understanding of what is going on in her head, because I never got her. And even though I have been reading this book I still don't. I have to look at her as someone that is mentally ill.

An adroit description of the complex adaptation one has to make in order to live with these people in order to grow up and ALSO a great resource for how to move beyond those adaptations when they no longer serve or even handicap one in one's adult life. A bit frightening, to be honest but I'm damned glad it was written.

This book spoke to me with common sense information on how to handle difficult situations with a self absorbed parent. It also asks that you own your part in the relationship process. For people, who don't recognize their own narcissistic behaviors, this can be extraordinarily threatening. But, it did help even with the difficult process of dealing with an aging, but disturbed parent.

Although my "self-absorbed relative has passed away, this book gave me an in depth understanding of the self-absorbed person's modis operandi and creates practical solutions to make the experience less traumatic even after the fact. I was able to be more forgiving and understanding to both the parent and myself and feel compassion for both of us. I recommend this book to anyone who had an overbearing, controlling and unconscious parent to help liberate you from the complicated maze of thoughts, feelings and emotions that may be holding you back from your own self expression and freedom.

Good self help book for those who never realized their parents were self absorbed. As a clinician, I found it pretty basic, but a section on giving up on the idea that the self absorbed parent will ever change struck a chord. Since reading this, I've offered that wisdom to several clients (and not just in reference to their parents), with good effect. Dr. Brown expresses that insight clearly and in a way that I think will be memorable for readers. For me that one paragraph made this book worth buying.

Really helped me sort thru and categorize complicated feelings so that I could begin to heal. Helped me to feel understood for the first time.

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