



# How to Recognize the Modern Day Narcissist: Learn how to protect yourself from Narcissism

*Karen Shields*

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## **How to Recognize the Modern Day Narcissist: Learn how to protect yourself from Narcissism** Karen Shields

How to Recognize the Modern Day Narcissist Learn how to protect yourself from Narcissism Do you have a Facebook account? Perhaps an Instagram account? Just by getting yourself involved in any of these modern day social media platforms, you increase your chances of exposure to narcissism. But what is narcissism? How can you tell that someone is a narcissist? What makes it so difficult to be around these people? After reading this book you will:

- Learn about what narcissism really means: fact from fiction
- Learn about confusing terms commonly mistaken for narcissism such as self-love, normal narcissism, and egocentrism.
- Know the different traits of a narcissist such as vanity, perfectionism, and egotism.
- Be able to recognize the modern day narcissist through signs and symptoms whether you meet them in school, at home, or at work.
- Gain new perspectives on why narcissists behave the way they do.
- Know how to protect yourself from narcissism whether they are strangers, a co-worker or your own children.
- Be able to face narcissists confidently when you are being manipulated or about to be manipulated.
- Become aware of the different types of narcissism: healthy narcissism, collective narcissism, malignant narcissism, egomania, megalomania, narcissistic personality disorder, spiritual materialism and narcissism in the workplace. Yes, there actually is such a thing as healthy narcissism and even narcissism that is exclusively displayed in the working environment!
- Be able to help a loved one who is suffering from Narcissistic Personality Disorder.

How to Recognize the Modern Day Narcissist is an invaluable eBook for the modern-day person. It answers questions such as “How do I deal with my narcissistic co-worker?” and “How come my husband is suddenly more concerned with his baldness than his newly-born grandchild?”

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