



The Narcissistic Spectrum: Identifying the Different Types of Narcissist, Narcissism, and the Traits of Narcissistic Personality Disorder NPD (Transcend Mediocrity Book 23)

J.B. Snow

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It is said that 1 in 4 persons is a narcissist. The world is experiencing a narcissist epidemic like never before. We work, date, attend school with, and live with narcissists. Narcissists are so common that most of the negative personality disorders on the DSM (Diagnostic and Statistical Manual of Mental Disorders) list some of the narcissistic traits within each disorder. It is becoming so common that the DSM actually removed Narcissistic Personality Disorder from their list!

Narcissists are all around us on a daily basis. Most of us can see a narcissist coming from a mile away. He acts spoiled and self-deserving. He wants everyone else to constantly pat him on the back and tell him how great he is. He can't stop checking himself out in the mirror. He doesn't seem to have any empathy or sympathy for others, and sometimes doesn't even seem to have an awareness of the people who are around him.

I say 'him' because a majority of narcissists are men. However, there are narcissistic women out there as well. Sometimes you can find a narcissistic mother behind a narcissistic son. Narcissistic mothers aren't as easy to spot as a narcissistic man is. She often may drone on and on about her children, instead of droning on and on about herself. She sees herself as a grandiose mother whose skills and motherly qualities are far superior than other mothers. She will dole out advice and criticism to others at the drop of a hat. Don't let her fool you – using her children as a way to feed her own super-ego is still narcissism at its finest.

These narcissists may stand out easily to you. But did you know that there are other forms and types of narcissism that are much less apparent? Some narcissists cover up their skills and their identity because they know that other people will catch onto their lies and manipulation more easily if they are apparent. These are the more difficult narcissist to define and to identify, but they are no less harmful to you in your everyday life. Narcissists can manipulate, lie, cheat, steal, and employ nasty tactics to pit others against you. They can ruin your life, get you fired from your job, take your children and swindle you out of your hard-earned money!

In this ebook, we will discuss the tell-tale signs of the most common narcissists.

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