



The Narcissist Survival Guide: Everything you need to know to deal with the Narcissists in your world,...without losing your mind

Dr. Wendy J. Powell

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Are you confused? Do you feel like you don't know what is going on? Could you be losing your mind? Are you becoming forgetful? If you feel this way, there may be a narcissist at work in your life. The word narcissism is being bandied about like a trend right now and it is getting confusing for those of us that actually have a pathological narcissist in our lives. Narcissism is not just another word for arrogant or conceited. You are not a narcissist because you post a lot of things on the web or take a lot of 'selfies'. Narcissism, in the purest sense of the word is a pathology, a dangerous pathology.

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