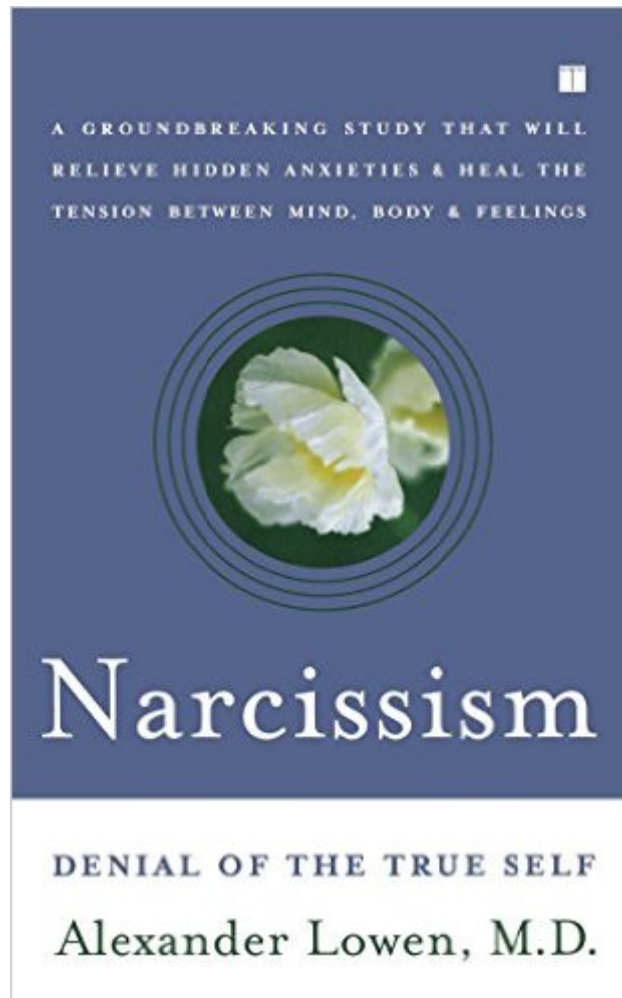


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# Narcissism: Denial Of The True Self



## Synopsis

**NARCISSISM** Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be

- More concerned with how they appear than what they feel
- Seductive and manipulative, striving for power and control
- Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity
- Without a solid sense of self, which leads them to experience life as empty and meaningless

In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

## Book Information

Paperback: 242 pages

Publisher: Touchstone (March 1, 2004)

Language: English

ISBN-10: 0743255437

ISBN-13: 978-0743255431

Product Dimensions: 5.5 x 0.7 x 8.4 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (72 customer reviews)

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## Customer Reviews

This book describes the causes of and the processes involved in narcissistic behavior. The author, Alexander Lowen, is the founder of Bioenergetic Analysis (see below for a description) and he uses this perspective, in a framework of psychodynamic psychotherapy, to explain how narcissism develops. Generally, the book is well written and Lowen appears as an insightful, wise, and experienced therapist. His writing is usually clear and everything follows each other logically. He

uses lot of case histories from his therapy sessions with his clients to explain and support his claims. Sometimes he seems to describe certain concepts repeatedly. For example, narcissists are in denial of their feelings. This is the primary assertion of the book and it was repeated in one way or another many times. However, every time that this concept is mentioned, it is in a different context. Because of this, you have to pay close attention to what you're reading. So the book is not light reading unless you are closely familiar with most of the concepts. I was not paying a lot of attention the first time that I read the book, so had to read it a second time. Some of the case histories did not seem to be qualified as describing a narcissistic person. He seemed to call everyone with a traumatic childhood, a narcissist. However, I still had to give the book five stars as it does not deserve less because of its overall insightfulness of the narcissistic personality. I don't even agree with some of the assumptions of the Bioenergetic Analysis, however, this book is more about narcissism than Bioenergetic Analysis. Bioenergetic Analysis is a mind-body approach that assumes that people store unprocessed and unexpressed feelings in the form of chronic muscular tension.

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