A Practical Guide for Narcissists to Change Towards the Higher Self
Also by Preston C. Ni

How to Successfully Handle Narcissists
How to Communicate Effectively and Handle Difficult People, 2nd Edition
How to Successfully Handle Passive-Aggressive People
Seven Keys to Long-Term Relationship Success
How to Let Go of Negative Thoughts and Emotions
How to Successfully Handle Manipulative People
Communication Success with Four Personality Types
How to Get Over a Breakup – Keys to Healing and Happiness Again

For more information or to purchase, visit www.nipreston.com/publications.

Preston Ni is available as a presenter, workshop instructor, course designer, and private coach. For more information, write to commsuccess@nipreston.com, or visit www.nipreston.com.

Copyright © 2015 Preston C. Ni. All rights reserved worldwide.

No part of this document shall be reproduced in any form whatsoever, stored in a retrieval system, broadcasted, transmitted, or translated into any kind of language, in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the express prior written permission from the author.

No responsibility for the loss occasioned to any person acting or refraining from action as a result of the material in this publication can be accepted by the author or publisher.

No patent liability is assumed with respect to the use of the information contained herein. The author and publisher assume no responsibility for errors or omissions. Neither is any liability assumed for damages resulting from the use of information contained herein.
# Table of Contents

Introduction  
Six Keys for Narcissists to Change Towards the Higher Self  
Becoming Aware of Narcissistic Traits  
Four Major Communication Mistakes to Avoid  
Four Keys to Excellent People Skills  
Seven Keys to Long-Term Relationship Success  
Changing the Fear of Rejection  
Changing Rumination About the Past and Self-Blame  
Eight Keys to Life Hardiness and Resiliency  
Select Bibliography
Introduction

Psychologist Stephen Johnson writes that the narcissist is someone who has “buried his true self-expression in response to early injuries and replaced it with a highly developed, compensatory false self.” This alternate persona to the real self often comes across as grandiose, “above others,” and self-absorbed.

Many chronic narcissists lose their way, and suffer significant personal and/or professional setbacks during the course of their lives.

However, to the few who are self-aware, there is the unique opportunity to evolve toward the Higher Self, signified by greater self-acceptance, substantive success, and the capacity to engage in truly healthy, loving, and lasting relationships.

Nobel laureate Anwar Sadat reminds us: “If you don’t have the capacity to change yourself and your own attitudes, then nothing around you can be changed.” To leave the narcissistic facade behind and become one’s better self is to truly practice wisdom. The strategies and skills offered in this book will show you how.
Six Keys for Narcissists to Change
Towards the Higher Self

“Once you are Real you can't become unreal again. It lasts for always.”

— Margery Williams, The Velveteen Rabbit

The Mayo Clinic research group defines narcissistic personality disorder as “a mental disorder in which people have an inflated sense of their own importance and a deep need for admiration. Those with narcissistic personality disorder believe that they're superior to others and have little regard for other people's feelings. But behind this mask of ultra-confidence lies a fragile self-esteem, vulnerable to the slightest criticism.”

The causes of pathological narcissism are complex and deep-seated. Many narcissists are oblivious to their negative and often self-destructive behavioral patterns, which typically result in them experiencing life lessons the hard way. Negative consequences as the result of chronic narcissism may include some of the following:
• Loneliness and isolation. Few healthy, close, and lasting relationships.
• Family estrangement.
• Divorce.
• Relationship cut-offs from others feeling let down, disappointed, lied to, used, manipulated, violated, exploited, betrayed, ripped-off, demeaned, invalidated, or ignored.
• Missed opportunities from a lack of true substance and/or connectedness.
• Financial, career, or legal trouble from rule breaking, gross irresponsibility, careless indulgence, or other indiscretions.
• Damaged personal and/or professional reputation.

However, for narcissists who have a degree of self-awareness, there are ways to liberate oneself from the illusion of falsehood, begin the process of inner healing, and progressively move toward manifesting the real, Higher Self.

For the purpose of this writing, elements of realizing the Higher Self include self-acceptance, substantive success, and the capacity to feel and engage in truly healthy, loving, and lasting relationships.

Below are six keys for narcissists to progressively attain towards the Higher Self:
There’s more to this excerpt!

Boost your communication success at www.nipreston.com with information on:
  — Free resources, articles, and tips
  — Private coaching and organizational training
  — College courses
  — Public workshops
  — Information on other books, DVDs, and publications by Preston Ni

Questions and comments? E-mail commsuccess@nipreston.com