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A Practical Guide for Narcissists to Change Towards the Higher Self



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A Practical Guide for Narcissists to Change Towards the Higher Self — 2nd Edition

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“Self-knowledge is the beginning of self-improvement.”

— Baltasar Gracián

*“Your life only gets better when you do. Work on
yourself and the rest will follow.”*

— Source Unknown

Table of Contents

Introduction	5
Six Keys for Narcissists to Change Towards the Higher Self	6
Becoming Aware of Narcissistic Traits	14
Two Main Causes of Narcissism and Their Destructive Impact	21
Five Toxic Subtypes of Narcissism	27
Eight Damaging Signs of Narcissistic Rage	32
Four Major Communication Mistakes to Avoid	35
Four Keys to Excellent People Skills	42
Seven Keys to Long-Term Relationship Success	51
Changing the Fear of Rejection	67
Changing Rumination About the Past and Self-Blame	69
Eight Keys to Life Hardiness and Resiliency	71
Select Bibliography	79

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 towards 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!

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