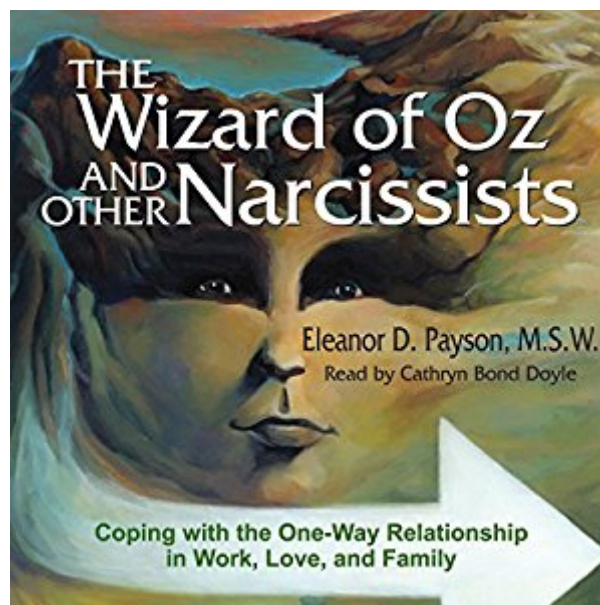




The book was found

The Wizard Of Oz And Other Narcissists: Coping With The One-Way Relationship In Work, Love, And Family



Synopsis

Every day, headlines are filled with examples of narcissistic individuals in positions of power who are nothing more than impostors plundering and wrecking havoc on the lives of others. From the financial barons of Wall Street to our elected officials, we are confronted daily with narcissists and the self-serving systems that enable them. Helping people reclaim their lives from this sinister exploitative force is the mission behind Eleanor Payson's *The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family*. Using simple metaphors from the American classic, *The Wizard of Oz*, Payson illustrates how Dorothy's journey captures all the seductive illusions and challenges that occur when we encounter the narcissist. Empowering the listener with the ABCs of unhealthy narcissism and the unique problems that occur when a person becomes involved with the narcissist, Payson gives step-by-step practical tools to identify, protect, and heal from these destructive relationships, which are largely un-addressed in the psychology and self-help literature. This ground-breaking book offers hope and help to those who have been drawn into these devastating relationships. She includes illuminating case studies that identify the problems that occur in the different types of relationships, from co-workers, to friends, to parents, to lovers. Listeners employing these insights and skills will find new abilities to identify and protect against the narcissist's manipulations and take back control of their lives.

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Customer Reviews

Amazing book. This gave me a great perspective on life-long problems and struggles with a close family member. I strongly recommend this if you are experiencing problems with an NPD person. The analyzing and explanations will help provide you with understanding, relief and insight and

make you feel not so alone. Some basic coping methods and strategies for dealing with the NPD person are presented which will help immensely (of course the author strongly recommends seeking therapy/a therapist as well). It is written from a non-biased and very open perspective. From a few very small snippets I made the assumption the author is of the Christian faith, but this does not seem to play much of a role at all in the content and again it is written very unbiased (this is important for someone who cares a great deal about religion not meddling with things like science, schools, workplace, government, etc.). She gives some (small/short) advice for those seeking help through faith/religion in addition to therapy which I feel is a good thing. 5 stars.

I bought this book after doing some research on after my therapist mentioned that she thought my husband was a narcissist, because he fundamentally lacks empathy for others. I did so with a high degree of skepticism because generally, I have found self-help books to be at best useless and at worse dangerous because they can set the reader off on a wild goose chase after problems that aren't really there, while diverting the reader from the problems that do exist. I agree with the other 5 star reviewers that this book is by far the best self help book I have read in years (and I've read my share). In fact, I first bought the Kindle version, and then purchased the print version so I can reference it more readily. This book made it evident that I am the daughter of two people with strong narcissistic traits (I don't think either were NPD, but they were on the extreme end of the spectrum), who is now married to a narcissist (same qualification as with my parents). That said, I appreciated that it did not demonize the narcissists nor did it sanctify the reader. In fact, it made me so much more empathetic toward my husband because I now understand that many of the things he does have nothing to do with me personally, but are simply manifestations of his narcissism. At the same time, I don't accept the current condition of our relationship and the type of person I have become as a result. That said, this book really helped me better understand my role as a co-dependent (though my therapist rejects that term, it is helpful to me) and my inability, as the daughter of narcissists, to assert my rights. There is a reason narcissists choose mates like me, and the reason does not bode well for me personally, unless I work on fixing it. Of course, as helpful as labels can be in identifying and understanding others, they can also be dangerous, because they are...well...labels and as humans, we have a tendency to overemphasize aspects that fit into the label and ignore or dismiss aspects that do not. So that would be my one caveat for others out there trying to get a better handle on their relationships with close relatives and spouses. In other words, don't get trapped in the box but continue to explore and question your characterizations of others close to you, your relationships with them, and the role you are playing. I also agree with the author

that you have to either go into therapy yourself or get marital therapy to continue the process of healing. All books, workbooks, checklists, etc., by their nature, are somewhat simplified and one-size-fits-all and every person -- and relationship -- is unique and complex.

More than any other book on the subject, this readable and concise guide really described my own situation with alarming accuracy. I was able to gain a better understanding of the dynamics between an NPD mother, my co-narcissistic "needing to be needed" sibling, and my NPD ex-spouse. I came away from reading this with a clearer understanding of the complexity of narcissism, how the disorder manifests itself through families and through generations. Unfortunately, I didn't take the advice that the author puts forth at a time when I should have -- during a very ugly divorce -- but nonetheless the book is extremely helpful for anyone who is trying to fully grieve and move past the emotional damage that an NPD partner and/or parent can wreak -- breaking free from the grasp of the gas-lighting and bullying and blame and negativity. For victims, this book is a helpful guide on awareness, on being vigilant on maintaining healthy boundaries in future relationships, and also on avoiding taking on narcissistic traits within oneself. I cannot recommend this book enough!

I wish everyone would read this book. If you grew up with a Narcissist you will not understand this was the problem and instead believe you are the problem (as it is with this person's disorder- they blame others and can not look at themselves). I was not aware of the inability to feel empathy of those suffering with this. I have found peace to understand this and now have a understanding and learning to even accept those suffering with this. How truly awful to be the person with this disorder as a full life is sadly not experienced. I recommend reading even if you are not aware of a person in your life right now that is displaying varying degrees of this (we all have a bit of it).

"The turning point towards healing is a mysterious and often exciting passage. Like the feelings before a rainstorm, a heaviness hangs in the air; then a sudden drop in pressure and a gathering of forces transforms the clouds into a chorus of raindrops. Our psyche resembles this process as it signals a readiness to cleanse itself. Sometimes a crisis is the catalyst for this healing opportunity, yet other times only one small painful event occurs in a long cascade of similar events. Somehow this particular moment triggers a feeling of imperative need, the drive to break through the defenses and begin the journey of healing. "If you are at the point described in the above quote, this book could change your life for the better. Granted, as the author concedes, intellectual understanding is only half of the work that needs to be done for healing.. But for the purposes of addressing that first

half, in the case of the emotionally wounded codependent, this book couldn't be better. I really can't say enough about this book, so I won't even try. One of the most, if not THE most, significant reads of my life.

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