



Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life

By Les Carter

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Those who are in the unenviable position of living or working with a narcissist have learned by sad trial and error that they are the only one in the relationship who can change the dynamic. Certainly narcissists don't think they need to change. *Enough About You, Let's Talk About Me* is a hands-on resource for helping colleagues, families, and spouses deal with people who exhibit narcissistic tendencies by learning how to change their own attitudes and responses.

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Editorial Review

Review

"If you have ever been drained dry and then blamed for failing or have ever been criticized and then altered your behavior, only to be found at fault for doing what you were told to do, you have had an encounter with a narcissist. Narcissists can make you feel crazy, exhausted, and guilty. Les Carter offers a thoughtful, well-written guide for dealing with the heartache and confusion of managing a relationship with a narcissist. He has done so with kindness, hope, and clarity. I highly recommend this book for anyone who has feared there is no hope for peculiarly difficult people."

--Dan B. Allender, president, Mars Hill Graduate School, and author, *The Wounded Heart* and *To Be Told*

"Do narcissists plan to grow up to be self-centered? Do they realize that the world and its entire population weren't created just for their pleasure? You may recognize the narcissistic traits Les Carter has described in *Enough About You, Let's Talk About Me*, either in your own life or in the life of someone you're trying to love and live with on a daily basis. This book will give you tools to make you stronger and less fearful of those who dish out narcissistic behavior. Moreover, it will guide you to forgive any abuse you have suffered. For those who see their lives in the 'mirror' of these pages, it will open your eyes and give you hope and strength. I highly recommend this book."

--Paul Meier, M.D., founder, Meier Clinics

"Dr. Les Carter has once again provided practical guidance for those in challenging life situations."

--Mark R. McMinn, author, *Finding Our Way Home*

From the Inside Flap

Do you have to live or work with someone so highly self-absorbed that your wishes and needs are completely ignored or dismissed? Do you feel constantly criticized and never able to do anything right? Have you been exploited or manipulated many times? If so, you are probably dealing with a narcissist, a personality type that is toxic, frustrating, and seemingly oblivious to pleas for change or consideration.

Those who are in the unenviable position of living or working with a narcissist have learned by sad trial and error that they are the only one in the relationship who can change the dynamic. Certainly narcissists don't think they need to change. *Enough About You, Let's Talk About Me* is a hands-on resource for helping colleagues, families, and spouses deal with people who exhibit narcissistic tendencies by learning how to change their own attitudes and responses.

Psychotherapist Dr. Les Carter offers practical tips and effective strategies for managing responses to manipulative behavior and includes proven approaches to handling narcissists, their demands, their anger, and their lack of boundaries. This book provides a wise, compassionate guide to understanding and dealing with people who are so focused on themselves, so controlling, and so ego-driven that they make your life miserable. Real-life stories clearly show how ordinary people learned to face the daunting challenges of responding to the narcissists in their lives in an emotionally balanced manner. You will learn to

- Recognize the patterns of narcissistic behavior and deal with them
- Examine your own anger and resentment
- Remove fear from the equation
- Foster your own inner security

- Replace bitterness with forgiveness

Enough About You, Let's Talk About Me will help you break free of the destructive influence of narcissistic people and learn to understand, confront, and handle this toxic behavior's many troubling manifestations.

From the Back Cover

Praise for Enough About You, Let's Talk About Me

"A refreshing tonic for the times . . . [Carter] writes with nuance, demonstrating that all of us are subject at one time or another to narcissist tendencies."

—Chicago Tribune

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Do you one among people who can't read gratifying if the sentence chained within the straightway, hold on guys that aren't like that. This *Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life* book is readable by you who hate the perfect word style. You will find the data here are arrange for enjoyable examining experience without leaving perhaps decrease the knowledge that want to provide to you. The writer associated with *Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life* content conveys objective easily to understand by a lot of people. The printed and e-book are not different in the content but it just different such as it. So , do you nevertheless thinking *Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life* is not loveable to be your top listing reading book?

Emile Guzman:

People live in this new day of lifestyle always try to and must have the time or they will get great deal of stress from both day to day life and work. So , if we ask do people have extra time, we will say absolutely indeed. People is human not only a robot. Then we ask again, what kind of activity have you got when the spare time coming to anyone of course your answer may unlimited right. Then do you try this one, reading guides. It can be your alternative within spending your spare time, typically the book you have read will be Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life.

Glen Bass:

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