



Dealing with a Narcissist: 8 Steps to Raise Self-Esteem and Set Boundaries with Difficult People

By Darlene Lancer

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Dealing with a Narcissist: 8 Steps to Raise Self-Esteem and Set Boundaries with Difficult People By Darlene Lancer

Codependency author and expert Darlene Lancer explains the narcissist's mind and motives and the personality of their partners. *Dealing with a Narcissist* reveals the unconscious forces driving their mutual attraction and relationship dynamics and sheds light on the damaging impact narcissists have on their partners and children. This is also workbook with strategies that can improve your self-esteem and help you maintain your self-respect and set boundaries with addicts, narcissists, an abusive parent, co-worker, or other relationship involving partner abuse.

If you were at first charmed by a narcissist, you soon must contend with self-centeredness, defensiveness, and escalating criticisms and demands. Whether a parent, boss, or partner, trying to satisfy them can feel impossible. It neither stops abuse, nor produces genuine caring and reciprocity. You end up frustrated and hurt that your feelings and needs are dismissed or ignored. Steadily, your self-esteem, confidence, trust, and independence decline in the relationship, as you give up more of yourself.

If you want to improve your relationship or are ambivalent about staying or leaving, *Dealing with a Narcissist - 8 Steps to Raise Self-Esteem and Set Boundaries* will provide clarity and tools to handle interactions with difficult people. You'll strengthen your self-esteem and gain the ability to set boundaries and communicate effectively. Eight steps are recommended with specific exercises and techniques, which are applicable to any relationship with a difficult person--whether passive-aggressive, controlling, abusive, manipulative, or with a borderline or narcissistic personality disorder.

This ebook can be supplemented with *How to Speak Your Mind - Become Assertive and Set Limits* and the audio/visual Webinar, *How to Be Assertive*, available at whatiscodependency.com, here: bit.ly/29OA

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Editorial Review

About the Author

Darlene Lancer is a Licensed Marriage and Family Therapist, treating individuals and couples for 29 years and coaching internationally. She's a codependency and relationship expert and author of *Codependency for Dummies* and *Conquering Shame and Codependency: 8 Steps to Freeing the True You*.

See her other ebooks: *10 Steps to Self-Esteem: The Ultimate Guide to Stop Self-Criticism, Freedom from Guilt and Blame - Finding Self-Forgiveness*, *How to Speak Your Mind - Become Assertive and Set Limits*, and a daily reader, *Codependency Recovery Daily Reflections*.

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