



Narcissism: Denial of the True Self

Alexander Lowen

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NARCISSISM Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be

- More concerned with how they appear than what they feel
- Seductive and manipulative, striving for power and control
- Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity
- Without a solid sense of self, which leads them to experience life as empty and meaningless

In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

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Molly Wilson:

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Joanna Bowen:

In this era globalization it is important to someone to receive information. The information will make someone to understand the condition of the world. The health of the world makes the information quicker to share. You can find a lot of referrals to get information example: internet, newspaper, book, and soon. You can observe that now, a lot of publisher in which print many kinds of book. The actual book that recommended for you is Narcissism: Denial of the True Self this publication consist a lot of the information of the condition of this world now. This particular book was represented how does the world has grown up. The vocabulary styles that writer make usage of to explain it is easy to understand. The writer made some analysis when he makes this book. That is why this book suited all of you.

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