

From the author of *Working with the Self-Absorbed* and
Loving the Self-Absorbed comes a major revision of the self-help classic
Children of the Self-Absorbed

*The idea of a parent putting their own desires before their
child's needs goes against nature. But adult children of
narcissists are used to coming in second*

In most cases being a parent is all about giving of yourself to promote your child's growth and development. But when a parent displays narcissistic tendencies or has narcissistic personality disorder, the need to parent often places second to the parent's own selfish desires. Self-absorbed parents dismiss the needs of their children and assert their own instead, demanding attention and reassurance from their children from a young age.

In ***Children of the Self-Absorbed*** (Second Edition) author Nina Brown offers adult children a step-by-step approach to resolving conflict and building a meaningful relationship with a narcissistic parent.

Brown presents clear definitions of narcissism and narcissistic personality disorder in order to help readers identify the extent of their parent's problem. She then outlines the different types of destructive narcissism and how to recognize their effects on relationships. Using proven techniques, Brown assures her readers that they are not helpless against their parent's behavior, and that they don't necessarily have to give up on their relationship. Instead, realistic strategies and steps are suggested for learning to set mutually agreed upon boundaries and behaviors that can fulfill the needs and expectations of both the readers and their parents.

“As adults, even the most casual interaction with [narcissistic] parents can cause hurt, anger, and feelings of helplessness and impotence. No matter how these “adult children” try to fortify themselves, even anticipating interactions with the parent produces distress.”

— Nina Brown

Signs you may have a narcissistic parent:

Do you:

- dread interactions with a parent
- find ways to avoid them
- become easily frustrated and angry almost every time you talk with them
- leave their presence angry and churned up most every time you see them
- wish that they would disappear or that you never had to see or interact with them ever again?

Does a parent:

- constantly criticize you
- blame you for their discomfort
- make you responsible for their physical and/or emotional well-being
- expect you to admire them and give them constant attention
- insist that everything be done their way
- feel that you should anticipate their needs and desires and fulfill them
- become easily offended
- ignore, minimize, or discount your feelings
- make demeaning comments about you

**FOR AN INTERVIEW REQUEST OR MORE INFORMATION CONTACT:
Earlita Chenault, 510-652-0215, ext.142, earlita@newharbinger.com**

Children of the Self-Absorbed: A Grown-Up's Guide to Getting Over Narcissistic Parents
by Nina W. Brown, Ed.D., LPC; ISBN: 978-1-57224-561-7
\$16.95, 6 x 9, 240 pages, Published in April 2008
New Harbinger Publications, 800-748-6273, www.newharbinger.com

About Nina Brown, Ed.D.

Nina Brown, Ed.D., LPC, is professor and eminent scholar in the Educational Leadership and Counseling Department at Old Dominion University. An expert on narcissism's effects on relationships, she is author of seventeen books, including *Children of the Self-Absorbed*, *Loving the Self-Absorbed*, *Working with the Self-Absorbed*, and *Whose Life Is It Anyway?* Nina Brown resides in Virginia Beach, VA.

Suggested Interview Questions

1. Some people may have grown up with narcissistic parents without knowing what it was that made their parents behave the way they did. What are some signs of self-absorbed parents?
2. What kind of effect can having a self-absorbed parent have on a child?
3. What are some common problems that adult children of self-absorbed parents have?
4. What is the best way for adult children to deal with narcissistic parents? Should they cut them out of their life when dealing with them is too difficult?
5. How can adult children of the self-absorbed begin to heal the pain of their childhood? Where should they begin?

Raves for *Children of the Self-Absorbed*

"*Children of the Self-Absorbed* offers practical advice and guidance. The creative techniques and exercises are priceless to both the reader learning how to identify destructive parental behaviors and how to cope with them as well as the reader learning to nurture and protect his or her own developing self."

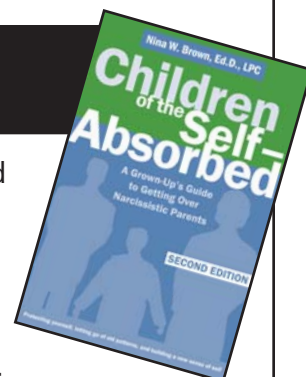
—**Saul Hopper, Ph.D.**, clinical psychologist in private practice in St. Louis, MO

"Children of narcissistic parents are provided techniques to dig themselves out of impossible relationships with their parents...a thoroughly well thought-out, useful manual to help adult children move toward more productive connection to their narcissistic parents, to themselves, and to others."

—**Joan Medway, Ph.D., LCSW**, psychologist in private practice in Potomac, MD

"...This book offers real help to the reader to develop the self-protective art of indifference, a cloak that can be used at many a holiday gathering...and to understand the subtle yet profound differences between ineffective and effective confrontation, empathy and sympathy, and attaching response and defusing strategy...a completely new cupboard of techniques."

—**Joel C. Frost, Ed.D.**, assistant clinical professor of psychology in the Department of Psychology at Harvard Medical School



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