

# Loving the Self-Absorbed

## How to Create a More Satisfying Relationship with a Narcissistic Partner

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FOR IMMEDIATE RELEASE

A narcissistic partner is a bit of a contradiction in terms. That's because narcissists are so self-involved, so disinclined to be empathetic, and crave so much attention that the role of partner is not one they naturally play.



In *Loving the Self-Absorbed* Nina Brown, an expert on narcissism's effects on relationships, gives the partners of narcissists clear guidance on how to get what they need out of their relationship and limit the effects of narcissism on their lives.

Strategies include setting mutually agreed-upon behaviors, establishing boundaries, learning how to avoid and ignore particularly disruptive behaviors, and ending their partners' self-focus with subtle behavioral cues.

Researchers have found that a staggering 5 million Americans have Narcissistic Personality Disorder (NPD) and as many as 10 million suffer from a less severe form of NPD, called the destructive narcissistic pattern (DNP). Partners of those who suffer from either condition can feel like a healthy relationship is impossible. In *Loving the Self-Absorbed*, Nina Brown assures them that it is not and gives them the skills they need to get more from their partners and overcome the challenges that these conditions engender.

LOVING THE SELF-ABSORBED, 1-57224-354-6, (paper), \$14.95,  
182 pages, New Harbinger Publications, 5674 Shattuck Ave.,  
Oakland, CA 94609

### Is Your Partner a Narcissist?

Take this quiz and find out. Based on your knowledge of your partner, answer each of the following using this scale:

- 5-Always or almost always does this
- 4-Frequently does this
- 3-Does this sometimes
- 2-Seldom does this
- 1-Never or almost never does this

1. Constantly looks to you to meet their needs
2. Expects you to know what he/she expects, desires, and needs without having to ask for it
3. Gets upset when you are perceived to be critical or blaming
4. Expects you to put his/her needs before your own
5. Seeks attention in indirect ways
6. Expects you to openly admire him/her
7. Acts childish, e.g., sulks or pouts
8. Accuses you of being insensitive or uncaring without cause or notice
9. Finds fault with your friends
10. Becomes angry when challenged or confronted
11. Does not seem to recognize your feelings
12. Uses your disclosures to criticize, blame, or discount you
13. Is controlling
14. Lies, distorts, and misleads
15. Is competitive and uses any means to get what is wanted

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## SUGGESTED INTERVIEW QUESTIONS

1. What is the difference between someone who is a destructive narcissist and someone with destructive narcissist patterns?
2. What effect do these conditions have on the partners of those who suffer from them and on relationships overall?
3. What is the impoverished self?
4. What is emotional insulation and why do you recommend that readers develop it?
5. What is healthy adult narcissism?
6. You encourage the partners of narcissists to look at their own histories, coping skills, and beliefs. Why?
7. What are the four different types of destructive narcissist patterns?
8. You devote a chapter to each of these patterns and at the end you talk about the reader's "collaborative behaviors and attitudes." Why do you do this and what are some of the collaborative behaviors that partners of narcissists exhibit?
9. What is underdeveloped narcissism?
10. You tell readers to give up the fantasy that their partners will change. Why, and how can they do this and still make the relationship more satisfying?

## ABOUT THE AUTHOR

Nina Brown, Ed.D., an expert on narcissism's effects on relationships, is the author of twelve books, including *Children of the Self-Absorbed*, *Working with the Self-Absorbed*, and *Whose Life Is it Anyway?* She is a professor at Old Dominion University and lives in Virginia Beach, Virginia.

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16. Has a superior attitude
  17. Is contemptuous of you and others
  18. Is arrogant
  19. Is envious of others
  20. Demeans and devalues you
  21. Is self-centered and self-absorbed
  22. Has to be the center of attention
  23. Manipulates others to win attention
  24. Is impulsive and reckless
  25. Boasts and brags
  26. Is insensitive to your needs
  27. Makes fun of others' mistakes or faults
  28. Engages in seductive behavior
  29. Is vengeful
  30. Expects favors, but does not return them
- Total:
- 126-150-It's likely that your partner is a narcissist  
102-125-Your partner has many narcissistic characteristics  
78-101-Your partner has some troubling narcissistic traits  
54-77-Your partner has few destructive narcissistic traits  
30-53-It's unlikely that your partner is a narcissist