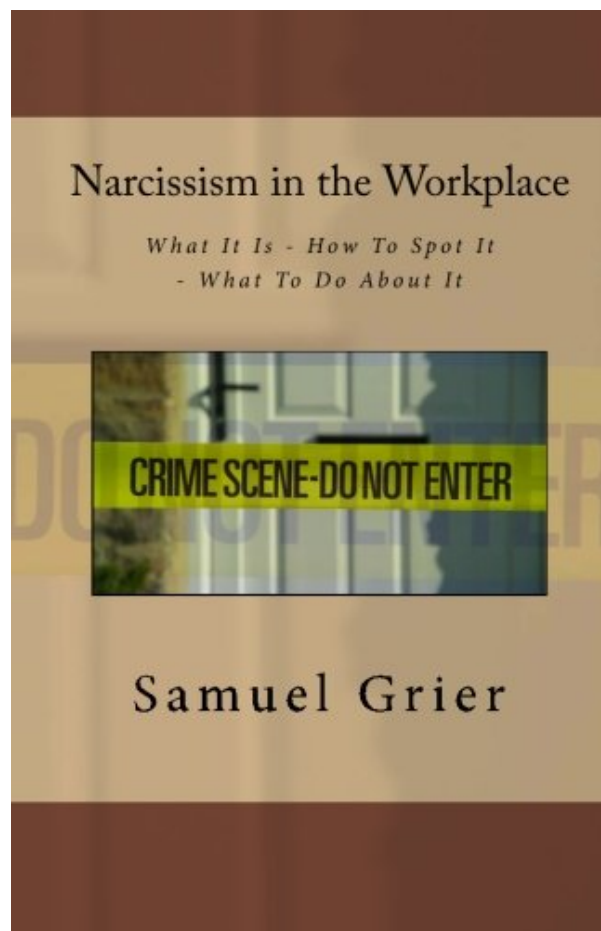


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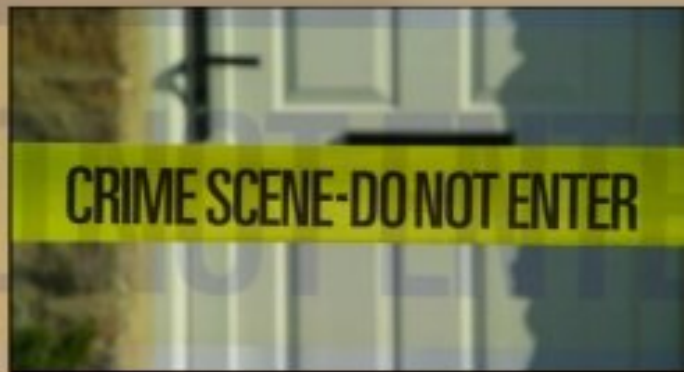


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PDF

My coworker was a narcissist. I had never encountered this kind of individual before and was unprepared for the experience that would forever change my view of the workplace. The same was true of my boss, and dealing with a narcissist provided both of us with a most unfortunate lesson in leadership. I discovered the implications of my coworker's narcissism one painful step at a time, and that is what makes this story different. I won't be telling you what makes someone a narcissist. Rather, you'll walk with me through my experiences with my coworker from hopeful beginning to bitter end — the confusion, the emotions, the attempts to cope, the relief when we finally parted ways. And when it's over, we will recap together what we learned by establishing ten rules for how to cope with someone afflicted with a narcissistic personality disorder. Narcissism in the workplace is more common than we think. When people read my book, they invariably tell me that they, too, have worked with someone like the coworker described in my story and relate their own stories of survival. It turns out that a narcissistic personality disorder is debilitating not only for the narcissist, but for everyone who associates closely with him. If you think you work with a narcissist, then this book is for you. It will spur you to action, and it could change your working life.

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- Dimensions: 8.50" h x .25" w x 5.50" l,
- Binding: Paperback
- 108 pages

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2 of 2 people found the following review helpful.

The author's thoughts are coherent and easy to follow

By minski!

It seemed the author has learned a lot from his experience working with a narcissist and wanted to pull something positive from it all...so wrote this book. The author's thoughts are coherent and easy to follow, I commiserate with what he went through. But I didn't really gain much from this. The first 3/4 of the book is a very detailed description of what happened to him. Too many specifics that don't really help the reader. I suppose they were included to help those readers that might have experienced the exact same behaviors from a coworker, but I found more help in online articles that provide more general descriptions and tactics that narcissists use. The last 1/4 of the book outlines 10 things you should do when interacting with a narcissist, what he learned. The part about keeping a very detailed journal was helpful.

2 of 3 people found the following review helpful.

Mere Whining about a Coworker

By Kristin Ames

I liked the book at first, but soon, it became clear that the entire book was just a litany of complaints about

the selfish, egotistical things the author's former coworker had done to everyone in the office while he worked there. Even if the coworker was narcissistic (which I'm not sure was even established, not professionally, anyway), all I have to do is listen to my sister talk about her ex husband to hear all the complaints I want for free. Pass on this one.

0 of 0 people found the following review helpful.

Excellent, Practical Guide

By Bailey

Very honest, helpful, insight book. When I learned from a psychologist that my boss had a full-blown case of Narcissistic Personality Disorder, it was the missing piece of the puzzle for me. I purchased and read 10 books on the subject. This was the only one that focused exclusively on the workplace, and it answered so many of my questions. I refer to it regularly as I navigate through, and extricate myself from the situation.

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