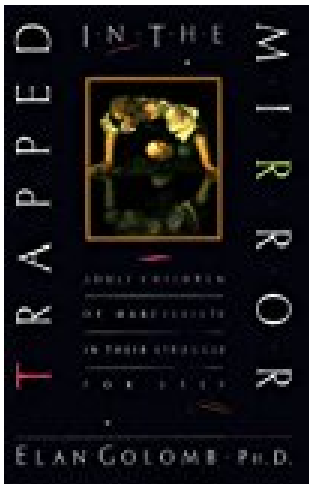


[PDF] Trapped In The Mirror: Adult Children Of Narcissists In Their Struggle For Self

Elan Golomb - pdf download free book



Books Details:

Title: Trapped in the Mirror: Adult

Author: Elan Golomb

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Description:

From Library Journal It seems reasonable to expect self-help books to accomplish one of three goals: to explain behavior, to assist readers to develop their potential or to change unwanted behavior patterns, or to motivate readers. This book fails on all three counts. People who may be attracted to the concept have probably already realized that their relationship with a self-absorbed parent has caused problems, and they will not learn much else. The suggestions for change are too general to be useful, and the tone is at times spiteful and depressing. Susan Forward and Buck Craig's *Toxic Parents: Overcoming Their Hurtful Legacy and Reclaiming Your Life* (Bantam, 1989)

covers the same topic in a more positive and helpful fashion. Not recommended.
- Mary Ann Hughes, Washington State Univ. Libs., Pullman
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From Kirkus Reviews A sober study by a clinical psychologist of the destructive legacy that narcissistic parents bequeath to their children and the troubling characteristics those children share as adults. Narcissists behave, Golomb says, as if they are the center of the universe, organizing their lives around denial of negative feelings about themselves. Their children, forced to conform to parental thinking, grow up with a range of subtle emotional disabilities, most commonly a distorted view of their capacities. All too frequently this damaged sense of self-worth interferes with their search for autonomy, their performance, and with their other adult relationships. Golomb, child of a narcissistic father, gives examples from the lives of friends and patients, as well as from her own experiences, and shows how these strained views of reality can be passed along from one generation to the next or can shadow an entire family's happiness. She is particularly adept in discussing why some people persist in the most puzzling behaviors (bankrolling one lover after another, for example) and how they see and defend these patterns. Although Golomb has experimented with meditation techniques and group treatment, she finds psychoanalytic psychotherapy the most consistently helpful set of strategies and suggests ways for adults to approach narcissistic parents and to change the nature of these relationships. "Narcissism is a tale of codependency," she observes. "If we want to be treated in a different way, the change in treatment must start with how we present ourselves to [narcissists]." Golomb writes in language more accessible to other therapists than to general readers, unleavened by humor, and without a specific agenda. But difficult as her approach may be, it's sound and ultimately rewarding as well. -- Copyright ©1991, Kirkus Associates, LP. All rights reserved.

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The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. Trapped in the Mirror explores: -the nature of the paralysis and lack of motivation so many adults feel -stress and its role in exacerbating childhood wrongs - why do many of our relationships seem to be "reruns" of the past -how one's body image can be formed by faulty parenting -how anger must be acknowledge to be overcome -and, most important, how even the most traumatized self can be healed. Children seek approval from their parents; adolescents, from their peers; adults, from themselves. In a healthy family, the parents facilitate this development, giving the child the generous love that makes it possible for her to grow beyond the neediness of the first stage. She concludes with steps the children of narcissists can take to deal more effectively with their parents and emerge into lives of their own. Her brave and compassionate book enriches our view of others and of ourselves. "Trapped in the Mirror" was a very well-written account of many people's struggles and the common threads of emotions we all go through as "victims". Golomb's work can help readers identify the narcissists in their lives, and their own narcissistic tendencies as well. The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. These dilemmas are both common and correctable, Dr. Golomb tells us. These are the children of narcissistic parents. I know their plight from the inside since I am one of them. A friend asked me, What are narcissists? Aren't they people who think themselves special? Adult children of covert narcissists share many of the same behavioral characteristics, namely codependency, that adult children of alcoholics display, without a history of physical, sexual, or substance abuse in their family of origin. There is very little research about narcissistic parenting, narcissistic family systems, or the effects that this disorder may have on children. Of further concern is the fact that adult children who do seek therapy are often misdiagnosed with a variety of personality disorders or clinical syndromes. This paper examines the personality traits of covert narcissists...

Ultimately though, the adult children of narcissists who are abusive will likely face complex psychological healing tasks as a result of their parenting experiences. So how does one begin healing after being parented by a narcissist who was also abusive? Healing From Narcissistic and Abusive Parenting. The healing work required by adult children of abusive narcissists will likely include the following tasks: Educate yourself. "Trapped in the Mirror: Adult Children of Narcissists in their Struggle for Self" by Elan Golomb. "Disarming the Narcissist: Surviving and Thriving with the Self-Absorbed" by Wendy T. Behary LCSW. The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. These dilemmas are both common and correctable, Dr. Golomb tells us. With an empathic blend of scholarship and case studies, along with her own personal narrative of her fight for self, Dr. Golomb plumbs the dept Adult children of covert narcissists share many of the same behavioral characteristics, namely codependency, that adult children of alcoholics display, without a history of physical, sexual, or substance abuse in their family of origin. There is very little research about narcissistic parenting, narcissistic family systems, or the effects that this disorder may have on children. Of further concern is the fact that adult children who do seek therapy are often misdiagnosed with a variety of personality disorders or clinical syndromes. This paper examines the personality traits of covert narcissi... "Trapped in the Mirror is the first book to explore the private struggle of adults who were raised by narcissistic parents. Dr. Elan Golomb, herself the child of a narcissist, reveals the unique ordeal faced by these adult children. Their stories tell of their efforts to free themselves from the web of their parents' distortions. They often feel hopeless and paralyzed. Sometimes they break through to a sense of their true selves, and then they know freedom and joy. The journey is a rough one for all who undertake it. It is also the only trip worth taking. You who recognize your story The difficulties experienced by adult children of narcissists can manifest themselves in many ways: for examples, physical self-loathing that takes form of overeating, anorexia, or bulimia; a self-destructive streak that causes poor job performance and rocky personal relationships; or a struggle with the self that is perpetuated in the adult's interaction with his or her own children. These dilemmas are both common and correctable, Dr. Golomb tells us. With an empathic blend of scholarship and case studies, along with her own personal narrative of her fight for self, Dr. Golomb plumbs the