

## The One-Way Relationship Workbook: Step-by-Step Help for Coping With Narcissists, Egotistical Lovers, Toxic Coworkers, and Others Who Are Incredibly Self-Absorbed (New Harbinger Self-Help Workbook)

By Alan Cavaola, Neil Lavender

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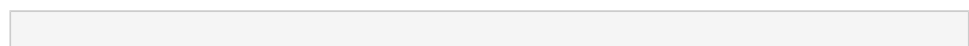
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Manage Your Relationship with the Narcissist in Your Life

When you interact with a friend, family member, intimate partner, or coworker who is a narcissist, there's no give and take. The relationship only goes one way—their way—and you constantly have to adjust your own expectations and behavior to meet their standards. That's because people with narcissistic personality disorder, or NPD, are preoccupied with seeking admiration and power and find it difficult to empathize with others' feelings. And, as if maintaining a good relationship with a narcissist weren't hard enough, most narcissists do not realize or believe that they have a disorder at all. That's why **The One-Way Relationship Workbook** was created—to help you effectively improve and ultimately transform your relationship with the self-absorbed, self-centered, or narcissistic individuals in your life.

The exercises and worksheets in this powerful workbook were created by noted psychologists who have been researching and working with the self-absorbed for more than twenty years. Part I of this workbook helps you understand the mind of a narcissist and how narcissistic behavior affects the way you feel, think, and behave around this person. In Part II, you'll learn practical strategies for making yourself heard during interactions with a narcissist. Eventually, you'll be able to have regular contact with self-absorbed individuals comfortably, effectively, and without frustration.



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- Sales Rank: #82263 in Books
- Brand: Brand: New Harbinger Publications
- Published on: 2011-01-01
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x .35" w x 8.00" l, .72 pounds
- Binding: Paperback
- 152 pages

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## **Editorial Review**

### Review

Lavender and Cavaiola have produced a workbook that guides the reader in self-exploration and suggests ways to maintain positive self-esteem when in relationships with difficult people. The authors present easy-to-understand definitions, descriptions, and activities focused on essentials that help the reader.

—**Nina W. Brown, Ed.D., LPC, NCC, FAGPA**, professor and eminent scholar at Old Dominion University in Norfolk, VA

"This practical and perceptive workbook does more than just educate readers—it will help them transform their relationships."

—Randi Kreger, coauthor of *Stop Walking on Eggshells* and *The Stop Walking on Eggshells Workbook*

### About the Author

**Alan A. Cavaiola, PhD**, is a professor and member of the graduate faculty in the department of psychological counseling at Monmouth University. He is also a licensed psychologist and clinical alcohol and drug counselor. He is the coauthor of *Toxic Coworkers* and *Impossible to Please*.

**Neil J. Lavender, PhD**, is professor of psychology at Ocean County College in New Jersey where he also maintains a private practice. He is coauthor of *Toxic Coworkers* and *Impossible to Please*. Neil, who is also an avid blogger, resides in Beachwood, NJ.

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## **Users Review**

### **From reader reviews:**

#### **Virginia Cherry:**

Have you spare time for a day? What do you do when you have more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their particular spare time to take a go walking, shopping, or went to typically the Mall. How about open or maybe read a book called The One-Way Relationship Workbook: Step-by-Step Help for Coping With Narcissists, Egotistical Lovers, Toxic Coworkers, and Others Who Are Incredibly Self-Absorbed (New Harbinger Self-Help Workbook)? Maybe it

is to be best activity for you. You already know beside you can spend your time along with your favorite's book, you can wiser than before. Do you agree with it has the opinion or you have various other opinion?

**Rosalie Dietrich:**

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**Arnulfo Walls:**

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**Deanna Jackson:**

What is your hobby? Have you heard that question when you got pupils? We believe that that concern was given by teacher to the students. Many kinds of hobby, Every person has different hobby. And also you know that little person including reading or as reading become their hobby. You need to understand that reading is very important as well as book as to be the issue. Book is important thing to provide you knowledge, except your teacher or lecturer. You see good news or update with regards to something by book. Numerous books that can you choose to use be your object. One of them is this *The One-Way Relationship Workbook: Step-by-Step Help for Coping With Narcissists, Egotistical Lovers, Toxic Coworkers, and Others Who Are Incredibly Self-Absorbed (New Harbinger Self-Help Workbook)*.

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