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The Object of My Affection is My Reflection: Coping with Narcissists

Rokelle Lerner

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How to manage the narcissistic people in your life

Does your boss constantly blame you for things you didn't do? Do you isolate yourself from friends and family to avoid conflict at home? Do you feel anxious when you see a certain "friend's" name on your cell phone? If you answered yes to any of these questions, you most likely have a narcissist in your life. *The Object of My Affection Is in My Reflection* will help you understand the complexities of this disorder and arm you with the coping mechanisms to navigate through this type of relationship.

Narcissists suffer from a personality disorder that began in the early stages of childhood. They are stuck in an early development stage where there is tremendous self-interest, excessive self-absorption, and extreme entitlement. Their behavior is a consequence of early childhood abandonment and abuse.

Rokelle Lerner specializes in working with narcissists and the people they impact. Her astounding results in improving the quality of life for those that live or work with narcissists has been recognized by therapists across the country. She explains why narcissists do the things they do and how you can protect yourself from their intimidation and manipulations. Lerner shows you how to:

- Spot a narcissist at work and in your personal life
- Set appropriate boundaries to avoid further conflict
- Avoid antagonizing a narcissist at work or at home

Narcissists are disarming, manipulative, and mesmerizing by nature. *The Object of My Affection is in My Reflection* will help you see through their charm so you can recharge your spirit, redefine your purpose, and regain your life.

The accompanying reference guide is included as a PDF on this disc.

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