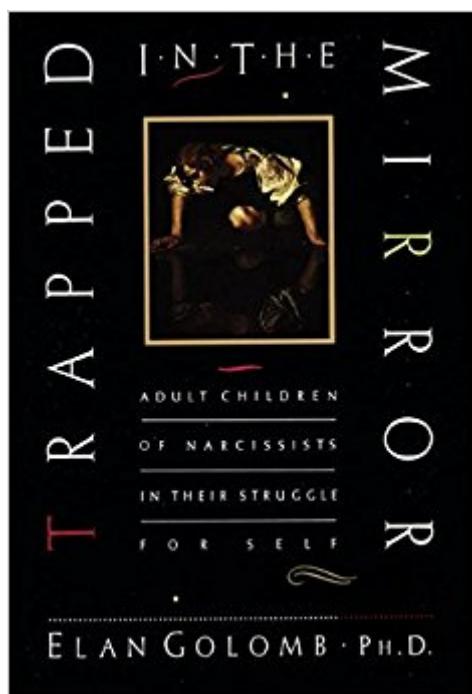


The book was found

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



Synopsis

In this compelling book, Elan Golomb identifies the crux of the emotional and psychological problems of millions of adults. Simply put, the children of narcissist -- offspring of parents whose interest always towered above the most basic needs of their sons and daughters -- share a common belief: They believe they do not have the right to exist. 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 depths of this problem, revealing its mysterious hold on the affairs of otherwise bright, aware, motivated, and worthy people. *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 acknowledged to be overcome and, most important, how even the most traumatized self can be healed. Rooted in a profoundly humanist traditional approach, and suffused with the benefit of the latest knowledge about intrafamily relationships, *Trapped in the Mirror* offers more than the average self-help book; it is truly the first self-heal book for millions.

Book Information

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Customer Reviews

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., PullmanCopyright 1992 Reed Business Information, Inc. --This text refers to the Audio CD edition.

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 Â©1991, Kirkus Associates, LP. All rights reserved. --This text refers to the Audio CD edition.

During a session with my counselor she suggested I go to a book store and walk the self-help and

psychology aisles and "pick up the book that speaks to you". And so I did. After three or four trips back and forth, "Trapped in the Mirror" caught my attention, and the blurb on the back cover told me I'd found it. The book has made a greater contribution to the quality of my life than I'd have imagined. The author presents experiences that make me wonder if she was in the room when my father did or said what she describes. Her familiarity with how narcissism can impact a child helped me find lost memories and restore parts of myself that had been denied (squished) since I was a kid. For me, this book is a page-turner, with each page offering a little more insight. It can be hard to read at times because being raised by a narcissistic parent is painful. But the author does a fine job of shining the light on the pain, which allows healing to begin. If the author herself is still affected by her own narcissistic upbringing, who can blame her? It strikes me as a life-long job to dig yourself out, although it gets easier as you regain the ability to assert yourself with a sense of confidence and (dare I say?) self-respect. I've now given this book to each of my siblings, as well as several of my friends. Not only did it help me take enormous strides toward making myself whole, it also gave me a look at what I inadvertently passed onto my son and (thus) the chance to make it up to him. I've since read many books on narcissism, but this remains the standard for me. While Alice Miller is the noted expert in this field, I find her books more clinical. "Trapped in the Mirror" stepped into my life with ease, and showed me both what was, as well as what can be. I can't recommend it enough.

Trapped in the Mirror, Adult children of narcissists in their struggle for self. Elan Golomb explains clearly about the life of those raised by narcissistic parents. She explains very carefully the various aspects involved and attempts to fill in what was missing in our childhoods. This is a wonderfully written book with features and elements so very helpful to the adult child still mired in confusion, self-doubt, and misunderstanding caused in childhood.

OMG..Its like reading my own biography. Somehow..it makes everything forgivable...because ITS NOT ME....it IS the Narcissist influence in my life.I have been able to unravel things in my spirit and world...that I did not even know were tangled up inside me. Especially my relationships with mates!!! Read this befor you choose one...you will save yourself allot of pain!ps...only half way thru the book...and it is the first book I ever read outside of school requirements...I cant stop reading it.Very emotionally releasing book!

This book provides a great perspective to dealing with people who always seem to put what they want, they need, they like, etc. before all else. A detailed understanding of how this behavior

develops, the sad reality of living in a self-contained world where empathy does not exist, and how to cope with those people in your life that fit this profile. An important book to read to better understand and change your own life whether you fit the role of narcissist or the victim of one. How these behaviors influence those in their environment and the frustration and dismay of the reality that these individuals just will not change their ways. So to try and "fix" them is futile; to understand this is the only way to address the behaviors that would otherwise make you feel like you are the one that is crazy... and responsible for every bad thing in their lives and the world in which we live. Trapped in the Mirror frees you from this world of illusion and validates how people with narcissistic disorders make you feel and try and control your life to fit their unrealistic perceptions. A loving gift for someone you may know (or yourself) who is trapped interacting with such individuals. I would venture to say a type of "survival manual."

The best book EVER!!!! Dr. Elan Golomb's book is a step by step walks thru of everyday personal experiences. Anyone who suffers from belligerent, abusive, or over bearing family members needs to read this book. This informative read gave me hope when there was none. The perspective Dr. Golomb gives is soul soothing and helps one heal. Because of this book I was able to get over some serious hurdles. I'm thankful everyday that I stumbled upon this find.

This is a fascinating read. I bought it to better understand my partner's 8-year-old daughter, who unfortunately is primarily raised by a narcissistic, borderline-personality disorder mom. It's helpful to know what issues she may very well have later in life (she already has plenty now). I also discovered that several family members of my own meet the diagnostic criteria...which explains a lot about their personalities and about my relationship with them. Recommended read!

This book changed my life! Knowing that I am the child of a narcissist (and probably one as well), helped me truly face my past and help create a positive future. There are so many pearls of wisdom in this book and the stories told are so helpful. I like to underline interested sentences when I read. Every page in this book has many sentences underlined!

I was requested to read this book by a close friend for purposes of resolving some deep seeded issues with authority and what I find to be the validity behind who I found capable to lend me advice. So in effect it's acting as a model for improving how I view others and the world I'm associated with. I haven't finished reading the book but so far it has met and exceeded my expectations as a guide

to revelations I thought were outside possibility. The world isn't fair... And in 250,000 years it might not have ever been. But i have lost so much... I must begin to re-access my situation within this life before it's much too late for a resolution.

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