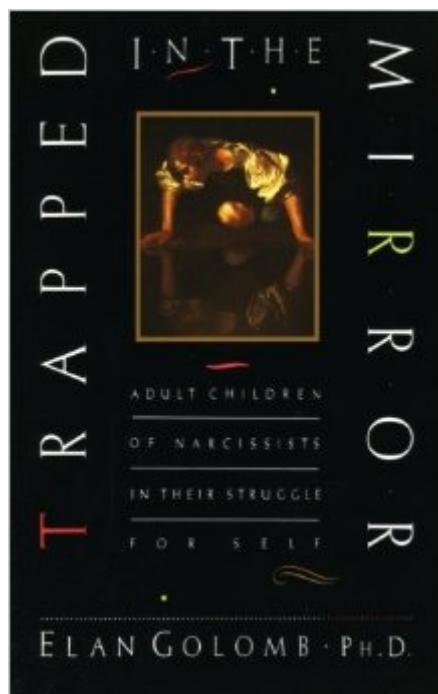


The book was found

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

Paperback: 272 pages

Publisher: William Morrow & Company, Inc.; Reprint edition (March 28, 1995)

Language: English

ISBN-10: 0688140718

ISBN-13: 978-0688140717

Product Dimensions: 6.1 x 0.7 x 9.2 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 starsÂ See all reviewsÂ (215 customer reviews)

Best Sellers Rank: #33,765 in Books (See Top 100 in Books) #20 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Mental Illness #32 inÂ Books > Parenting & Relationships > Family Relationships > Parent & Adult Child #75 inÂ Books > Self-Help > Emotions

Customer Reviews

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. (Both sexes can occupy both positions, but for simplicity we'll assume that the parent is male, the child female.) A healthy parent recognizes his child as a separate person. He provides an environment where she can start creating an independent life that will represent her own spirit. His joy is to watch her become who she is. But generally a parent who has not received this kind of love in childhood does not have it to give. Instead of seeking to meet the child's needs, he seeks to make her meet his. In love with an idealized self-image of confidence and authority, he wants his child to justify or repeat his life--or the life he wishes he had lived. He acts to keep her in a childish state, seeking his approval. When she meets his wishes, he gives her exaggerated praise; when she doesn't, exaggerated criticism. But what drives his behavior is neither love nor malice, but fear--fear that his child, or he, or anyone, will discover that the Wizard of Oz is only the man behind the curtain. The child believes in the parent and cannot see his fear. Hoping to make him love her, she tends to act as if he were right (for he must above all be right), to live out his image of her--the idealized image of what he praises, the hated image of what he criticizes, or both. She often seeks mates who replicate aspects of his character--perpetuating both her misery and her false hope that he will one day love her as a separate person.

[Download to continue reading...](#)

Trapped in the Mirror: Adult Children of Narcissists in their Struggle for Self Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Lizzie McGuire: Mirror Mirror - Book #14: Junior Novel (Lizzie McGuire (Numbered)) Trapped in America's Safety Net: One Family's Struggle (Chicago Studies in American Politics) Self Hypnosis for Beginners: The Ultimate Guide With Systematic Steps To Master Self Hypnosis (Self Hypnosis, Self hypnosis as you read, Self hypnosis diet) Self Hypnosis: The Ultimate Beginners Guide To Mastering Self Hypnosis In 7 Days (self hypnosis, self hypnosis diet, self hypnosis for dummies) Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath) NAVY SEAL: Self

Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness HYPNOSIS FOR WEIGHT LOSS: SELF HYPNOSIS as you read (FREE Life Mastery Bonus Toolkit Included!) (Self Hypnosis As You Read, Self Hypnosis for Beginners, ... Weight Loss, Self Hypnosis Audio Book 3) Experiencing CBT from the Inside Out: A Self-Practice/Self-Reflection Workbook for Therapists (Self-Practice/Self-Reflection Guides for Psychotherapists) Struggle for Intimacy (Adult Children of Alcoholics series) Adult Coloring Book: De-Stress: Adult Coloring Books (The Peaceful Adult Coloring Book Series) Adult Romance: Adult Bedtime Short Stories - Sultry XXX Romantic Billionaire Romance, Mail Order Bride Historical Romance, Western, Alpha Male Love, New Adult, Victorian Romance, Bedtime Anthology House As a Mirror of Self: Exploring the Deeper Meaning of Home Psychopath Free (Expanded Edition): Recovering from Emotionally Abusive Relationships With Narcissists, Sociopaths, and Other Toxic People Women Who Love Psychopaths: Inside the Relationships of Inevitable Harm With Psychopaths, Sociopaths & Narcissists Empath: How To Thrive And Survive As An Empath And Empower Yourself Against Negative Energies, Psychopaths, Sociopaths And Narcissists By Understanding ... Person, Empath, Psychic, Intuitive) Master Dealing with Psychopaths, Sociopaths, Narcissists - A Handbook for the Empath

[Dmca](#)