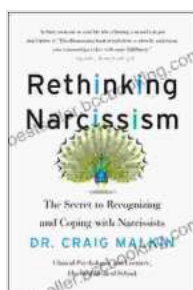


The Bad and Surprising Good About Feeling Special

We all want to feel special. It's a natural human desire to feel unique, valued, and loved. But what happens when we take this desire too far? When we start to believe that we are better than everyone else and that we deserve special treatment?



Rethinking Narcissism: The Bad---and Surprising Good---About Feeling Special by Dr. Craig Malkin

★★★★☆ 4.6 out of 5

Language : English
File size : 2463 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
X-Ray : Enabled
Word Wise : Enabled
Print length : 256 pages



This is where the bad side of feeling special comes in. Narcissism, entitlement, and a lack of empathy are all common traits of people who feel excessively special. These individuals can be difficult to deal with, as they often have a grandiose sense of self-importance and a need for constant admiration.

But there is also a surprising good side to feeling special. When we feel valued and loved, we are more likely to be happy, healthy, and successful.

We are also more likely to be kind and compassionate towards others.

So, what's the key to finding the balance between feeling special and being narcissistic? It's all about having a healthy sense of self-esteem. People with healthy self-esteem know that they are valuable and worthy of love, but they also recognize that they are not perfect and that they need to treat others with respect.

If you're struggling with feelings of entitlement or narcissism, there are a few things you can do to help yourself:

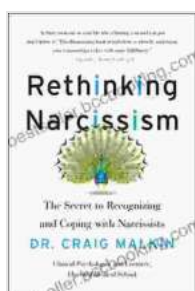
- Challenge your negative thoughts. When you find yourself thinking negative thoughts about yourself or others, try to challenge them. Ask yourself if there is any evidence to support these thoughts. Chances are, there isn't.
- Focus on your accomplishments. When you feel down, take some time to think about your accomplishments. This will help you to remember that you are capable and worthy of love.
- Spend time with positive people. Surround yourself with people who make you feel good about yourself. These people will help you to see the good in yourself and to appreciate your unique qualities.

Feeling special is a natural human desire. But it's important to find a healthy balance between feeling special and being narcissistic. By challenging your negative thoughts, focusing on your accomplishments, and spending time with positive people, you can develop a healthy sense of self-esteem and enjoy the benefits of feeling special without the negative consequences.

About the Book

The Bad and Surprising Good About Feeling Special is a groundbreaking book that explores the psychology of feeling special. Author [author's name] draws on the latest research to provide a comprehensive look at the both the positive and negative effects of feeling special. This book is a must-read for anyone who wants to understand the role that feeling special plays in their lives.

To learn more about The Bad and Surprising Good About Feeling Special, visit the author's website at [author's website address].



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