



# Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life

*Les Carter*

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## **Enough About You, Let's Talk About Me: How to Recognize and Manage the Narcissists in Your Life**

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Those who are in the unenviable position of living or working with a narcissist have learned by sad trial and error that they are the only one in the relationship who can change the dynamic. Certainly narcissists don't think they need to change. *Enough About You, Let's Talk About Me* is a hands-on resource for helping colleagues, families, and spouses deal with people who exhibit narcissistic tendencies by learning how to change their own attitudes and responses.

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