

Recognising wolves in sheep's clothing

- Recognise harmful narcissism and counter it effectively
- Get to know the four key indicators: egomania, devaluation, hypersensitivity and lack of empathy



Linda Dahm

30 Minutes to Understanding Narcissism

With a foreword by Florian Feltes

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PSYCHOLOGY / Applied Psychology

PSYCHOLOGY / Personality

FAMILY & RELATIONSHIPS / General

Narcissism is suddenly on everyone's lips. The words *narcissist* and *narcissistic* are thrown around so casually that their true impact is often overlooked. Yet left unchecked, narcissism can cause serious damage – in our private lives and at work.

At the same time, the most problematic narcissistic traits are becoming more visible across society. Prolonged exposure to people with strong narcissistic tendencies – or a narcissistic personality disorder – can have serious consequences for mental and emotional health. Organisations, too, are feeling the effects. Declining employee loyalty is frequently linked to unhealthy leadership.

This book explains how to recognise harmful forms of narcissism and respond effectively to typical narcissistic behaviour patterns and structures.

Dr. phil. Linda Dahm holds a PhD in social sciences and spent a number of years in teaching and research at the University of Trier. Her experience further spans various leadership roles within the financial services sector.

Today she works as an independent consultant, certified business coach, career coach and trainer with a focus on personal and organisational development. The topic of narcissism in everyday life and the workplace has been a core pillar of her work for almost a decade.

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