



# Narcissism in the Workplace: What It Is - How To Spot It - What To Do About It

*Dr. Samuel Grier*

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My coworker was a narcissist. I had never encountered this kind of individual before and was unprepared for the experience that would forever change my view of the workplace. The same was true of my boss, and dealing with a narcissist provided both of us with a most unfortunate lesson in leadership. I discovered the implications of my coworker's narcissism one painful step at a time, and that is what makes this story different. I won't be telling you what makes someone a narcissist. Rather, you'll walk with me through my experiences with my coworker from hopeful beginning to bitter end — the confusion, the emotions, the attempts to cope, the relief when we finally parted ways. And when it's over, we will recap together what we learned by establishing ten rules for how to cope with someone afflicted with a narcissistic personality disorder. Narcissism in the workplace is more common than we think. When people read my book, they invariably tell me that they, too, have worked with someone like the coworker described in my story and relate their own stories of survival. It turns out that a narcissistic personality disorder is debilitating not only for the narcissist, but for everyone who associates closely with him. If you think you work with a narcissist, then this book is for you. It will spur you to action, and it could change your working life.

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