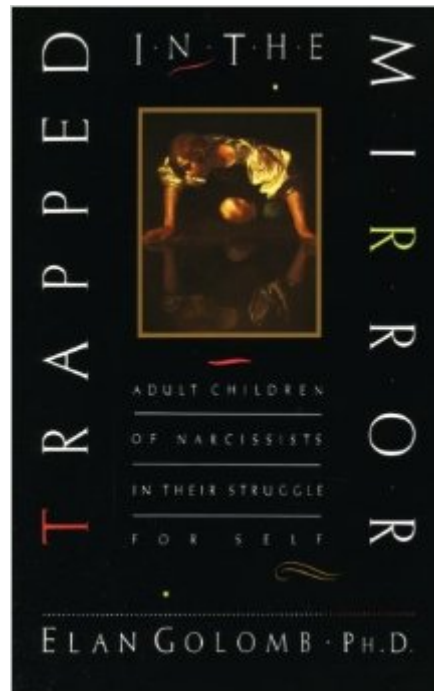


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Trapped In The Mirror: Adult Children Of Narcissists In Their Struggle For Self



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

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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.

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