



Narcissism: Denial of the True Self

By Alexander Lowen

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NARCISSISM Are you a narcissist? Do you interact with someone who is? Contrary to popular belief, narcissists do not love themselves or anyone else. They cannot accept their true selves, constructing instead fixed masks that hide emotional numbness. Influenced by forces in culture and predisposed by factors in the human personality, narcissists tend to be

- More concerned with how they appear than what they feel
- Seductive and manipulative, striving for power and control
- Egotists, focused on their own interests but lacking the true values of the self -- self-expression, self-possession, dignity, and integrity
- Without a solid sense of self, which leads them to experience life as empty and meaningless

In this groundbreaking study, Dr. Alexander Lowen uses his extensive clinical experience to demonstrate how narcissists can recover their suppressed feelings and regain their lost humanity. By the use of Bioenergetic Analysis, the psychotherapy created by Dr. Lowen, a new possibility of a fulfilling and authentic life is presented for people with narcissistic characteristics and for those who interact with them.

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Editorial Review

Review

Los Angeles Times Thoughtful and provocative.

About the Author

Alexander Lowen, M.D., is a world-renowned psychiatrist and leading practitioner of Bioenergetic Analysis -- the revolutionary therapy that uses the language of the body to heal the problems of the mind. A former student of Wilhelm Reich, he developed Bioenergetic Analysis and founded the International Institute for Bioenergetic Analysis. Dr. Lowen is the author of many publications, including *Love and Orgasm*, *The Betrayal of the Body*, *Fear of Life, Joy*, and *The Way to Vibrant Health*. Now in his tenth decade, Dr. Lowen currently practices psychiatry in New Canaan, Connecticut.

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