Dr. Malkin was a Chief Psychologist at Harvard Medical School’s Cambridge Hospital, in Cambridge Massachusetts, where he instructed interns, residents, and fellows in the theory and practice of psychotherapy. In 2003, he left this position to expand his private practice and continued to supervise and teach for Harvard Medical School’s training program.
Dr. Malkin has been seen on popular broadcasts such as the
OWN Show, Fox News and Huffington Post Live.

Press includes Time Magazine, The Independent, The Times,
The Telegraph, Forbes and more.

For interviews or press coverage Amanda Pelletier can be reached at:
Amanda.Pelletier@harpercollins.com

WWW.DRCRAIGMALKIN.COM/MEDIA
This informal, brief version of the Narcissism Spectrum Scale (NSS) offers you a rough sense of where you fall in the spectrum. Being too high and too low on the spectrum are both associated with problems. If you know where you fall, you can work on moving towards the healthy center of the spectrum, which comes with a host of benefits, including, greater self-confidence, a passion for life, and mutually caring relationships.
Rethinking Narcissism:
The Bad—And Suprising Good—About Feeling Special

*Harpercollins, 2015*

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You don’t have to be a Harvard psychologist like Dr. Malkin to work out that narcissism is the prevailing condition of our age. The question is how we adapt to the living world of preening peacocks. Malkin’s big idea is “the narcissism spectrum’ on which we all exist, with 1 being self-effacing victims and 10 being those psychopaths we all know and loathe. This fascinating book includes a test to find out how you score, with tips on how to shift offenders to the healthy centre ground. Beware: some cases are incurable. “If you see signs of dangerous narcissism” concludes Malkin, “your best bet, frankly is to run.”

— *The Independent*
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 “[Dr. Malkin] shows us how to…manage relationships with narcissistic partners, friends, colleagues, and family.”
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“Dr. Malkin offers a surprising, accessible analysis of narcissism.”
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— DR. PEGGY DREXLER —
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“Craig Malkin’s book is another step in the direction of a broad and inclusive psychological understanding of human behaviour and a step away from prejudice and narrow concepts of the human mind.”
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“This is a true gem on the subject of narcissism.”
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“Chock full of eminently practical advice on how to cope with the dangers of narcissism, in ourselves and others, Rethinking Narcissism brings much needed compassion and clarity to one of the most vexing problems in mental health without ever resorting to false hopes or naivete. In that way, the book itself is special.”
— Tom Wootton, Huffington Post Blogger and author of The Bipolar Advantage

— PUBLISHERS WEEKLY —
“...a book that will have readers rethinking themselves and, paradoxically, those around them.”

— JOSEPH SHAY PHD —
“If you’re only going to read one book about narcissism this is it. It’s not only eminently accessible for the lay audience and professional alike, but it offers a profound analysis of the nature of narcissism and common misunderstandings about it. Add to this Dr. Malkin’s penetrating insights, his superb ability to tell a good story, and his courage in disclosing elements of his own story, and you wind up with this remarkable book”
— Joseph Shay, PhD Lecturer Harvard Medical School, co-author of Psychodynamic Group Psychotherapy and co-editor of Odysseys in Psychotherapy and Complex Dilemmas in Group Therapy.

— LEON F. SELTZER —
“If you’re to buy just one book on narcissism, this is the one to purchase.”
— Dr. Leon F. Seltzer, Ph.D., author of Paradoxical Strategies in Psychotherapy

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“Malkin, a therapist and psychology instructor at Harvard Medical School, takes a more inspirational attitude...”

— SUNDAY TIMES MAGAZINE —
“Narcissists. They’re everywhere...Not according to Dr. Craig Malkin, whose new book suggests we’ve got it all wrong”

— DR. SUE JOHNSON —
“...an enthralling book...it will become a classic.”
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“...will interest anyone who is intrigued about narcissism, what it means, where it comes from... [Dr. Malkin’s] empiricist side shines through...”

— BOOKTRIB —
“Thank you, Dr. Malkin, for saying what needed to be said and clearing things up for me. For all of us.”
“What is Narcissism?” is one of the fastest-rising searches on Google, and articles on the topic routinely go viral. Yet the word “narcissism” seems to mean something different every time it’s uttered. In fact, the more it’s slung about, the more slippery its true meaning becomes. The only certainty, it would seem, is that it’s bad to be a narcissist—really bad. That’s terrible news for millennials, who’ve been branded “the most narcissistic generation ever.”

Harvard Medical School psychologist and Huffington Post blogger Craig Malkin addresses the “narcissism epidemic,” by illuminating the spectrum of narcissism, identifying ways to control the trait, and explaining how too little of it may be a bad thing.

“It’s bad to be a ‘narcissist,’ right? Not necessarily. Dr. Craig Malkin offers a surprising, accessible analysis of narcissism—and explains why a healthy dash of narcissism can be a good thing.”

— Gretchen Rubin, bestselling author of Better Than Before and The Happiness Project

“In Rethinking Narcissism, Dr. Malkin reveals the surprising good news about narcissism, exploring the complexities of narcissistic traits and deflating popular myths. Most importantly, he shows us how to develop a healthy sense of narcissism and how to manage relationships with narcissistic partners, friends, colleagues, and family.”

— Dr. Drew Pinsky, author of The Mirror Effect
Rethinking Narcissism:
The Bad—And Surprising Good—About Feeling Special

By Dr. Craig Malkin
HarperWave and HarperUK

In RETHINKING NARCISSISM, Dr. Craig Malkin—a Harvard Medical School-affiliated psychologist with more than two decades of clinical experience—offers a radically new model for understanding this often misused term. Narcissism, argues Dr. Malkin, is essentially a spectrum of self-importance—and everyone falls somewhere on the scale between utter selflessness and total arrogance. When we casually invoke the term “narcissist,” most of us are referring to the shadowy outer edge of the spectrum, which can shade into dangerous psychopathy. Yet there are also those who live at the lower end of the spectrum—termed “echoists” by Dr. Malkin. These, too, are people we know; people so fearful of attention or acknowledgment or that they often seem to have no voice at all.

Drawing on his own research as well as the latest findings in psychology, Dr. Malkin explains why it’s essential to embrace some degree of narcissism in order to maintain a healthy sense of self-worth. Using a new diagnostic tool—the Narcissism Test—Dr. Malkin guides readers through the process of measuring their narcissism and offers insightful advice for promoting healthy narcissism in ourselves, as well as our partners, our colleagues, and our children.

With guidance for those struggling with unhealthy narcissism as well as those who live with, sleep beside, work among, or are related to unhealthy narcissists, Dr. Malkin’s redefinition of “narcissism” shows us why feeling special isn’t necessarily such a bad thing, after all.
DR. CRAIG MALKIN
Psychologist | Author | Relationship Expert

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