

# DR. CRAIG MALKIN

Psychologist, Author and Relationship Expert

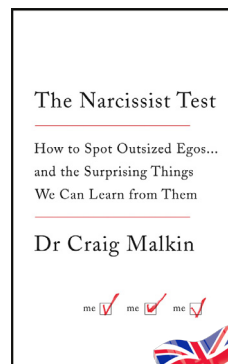
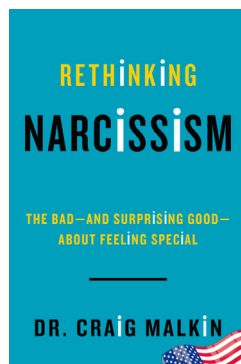
## MEDIA KIT

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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.

[READ MORE](#)



MEDIA KIT

# MEDIA

AS SEEN IN

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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.

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[WWW.DRCRAIGMALKIN.COM/MEDIA](http://WWW.DRCRAIGMALKIN.COM/MEDIA)

AS SEEN IN



# THE TEST



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.

## TAKE THE TEST

### LINKS TO VIDEOS

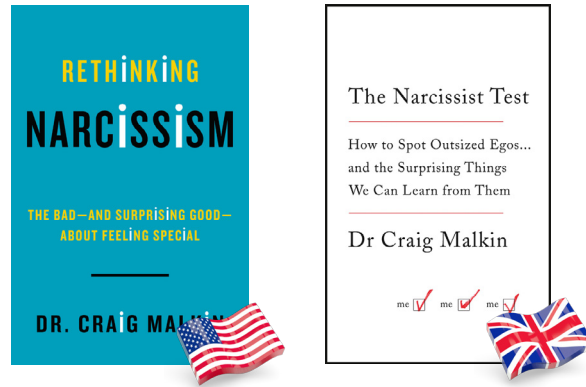
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[OWN SHOW](#)  
[THE TELEGRAPH](#)

[THE INDEPENDENT](#)  
[THE HUFFINGTON POST](#)  
[TIMES](#)

[THE DAILY MAIL](#)  
[FORBES](#)

# THE BOOK



## Rethinking Narcissism:

The Bad—And Surprising Good—About Feeling Special

*Harpercollins, 2015*

AVAILABLE TO BUY ONLINE AND IN BOOK STORES NOW

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*

LEARN MORE



# THE BOOK

## TESTIMONIALS

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— KIRKUS REVIEW —

"[Dr. Malkin's] reassuring tone and plethora of case histories offer considered advice and generous encouragement."

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— LIBRARY JOURNAL —

"This is a true gem on the subject of narcissism."

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— DR. DREW PINKSY —

"[Dr. Malkin] shows us how to... manage relationships with narcissistic partners, friends, colleagues, and family."  
- TV's Dr. Drew Pinsky, author of *The Mirror Effect*

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— PSYCH CENTRAL —

"Among all the books on the topic in the past 10 years, *Rethinking Narcissism* stands out as a definite must-read."

— OPRAH'S BOOK CLUB 2.0—

"The book that protects you from narcissists. Is there someone in your life who's hurting you and you just don't know it? In this Harvard researcher's illuminating—reads-like-a-novel—book, he reveals how to identify and repair your relationships to live with more fulfillment."

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— THE INDEPENDENT —

"[A] fascinating book"

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— THE MILLIONS —

"*Rethinking Narcissism* was chosen by *The Millions* as one of the most anticipated books of 2015."

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— DR. PEGGY DREXLER —

"...a book that's persuasive. Insightful, and never dry."  
— Dr. Peggy Drexler, author of *Raising Boys Without Men* and *Our Fathers, Ourselves*

— PEG STREEP —

"...gives us all a coherent way of talking about a much-discussed but often oversimplified and over-dramatized subject in these "look at me" times."  
— Peg Streep, Author or coauthor of eleven books

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— GRETCHEN RUBIN —

"Dr. Malkin offers a surprising, accessible analysis of narcissism."  
— Gretchen Rubin, best selling author of *Better than Before* and *The Happiness Project*

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— TODD KASHDAN, PHD —

"Certainly one of the best books I've read this year. Don't be fooled by the title.. this book is for anyone trying to better understand themselves and other people."  
— Todd Kashdan, Phd, author of *The Upside of Your Dark Side*

# THE BOOK

## TESTIMONIALS

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— TOM WOOTTON —

“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*

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— RED MAGAZINE —

“Is there a narcissist in your life? Chances are, the answer’s yes—here’s how to spot them.”

— PUBLISHERS WEEKLY —

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

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— THE NEW YORK TIMES —

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

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— DAILY MAIL —

“A gripping and sometimes terrifying book that will make you look anew at your spouse, your parents, your children, your friends, your enemies, your fellow workers and - perhaps most pertinently - your reflection in the mirror. And if your reflection pleases you far more than any of the others, you probably won’t like what you read.”

— 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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— SUNDAY TIMES MAGAZINE —

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

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— DR. SUE JOHNSON —

“...an enthralling book...it will become a classic.”  
— Dr. Sue Johnson, bestselling author  
of *Hold Me Tight*  
and *Love Sense*

# MEDIA

## PRESS RELEASE

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“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.

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“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*

## M E D I A

## P R E S S R E L E A S E

# Rethinking Narcissism:

The Bad—And Surprising Good—About Feeling Special

By Dr. Craig Malkin

*HarperWave and HarperUK*

In *RETHINKING NARCISSIM*, 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.



# C O N T A C T

## DR. CRAIG MALKIN

Psychologist | Author | Relationship Expert

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C O N T A C T

C L I E N T R E G I S T R A T I O N