



Almost a Psychopath: Do I (or Does Someone I Know) Have a Problem with Manipulation and Lack of Empathy? [Almost a Psychopath] Ronald Schouten, James Silver

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Do you know someone who is too manipulative and full of himself? Does someone you know charm the masses yet lack the ability to deeply connect with those around her? Grandiosity and exaggerated self-worth. Pathological lying. Manipulation. Lack of remorse. Shallowness. Exploitation for financial gain. These are the qualities of Almost Psychopaths. They are not the deranged criminals or serial killers that might be coined "psychopaths" in the movies or on TV. They are spouses, coworkers, bosses, neighbors, and people in the news who exhibit many of the same behaviors as a full-blown psychopath, but with less intensity and consistency-and with a higher degree of awareness of the impact they have on others. They possess charm, glibness, and a lack of empathy that allow them to live their lives somewhere between the boundaries of commonplace "not-so-bad" behavior and psychopathy. In *Almost a Psychopath*, Ronald Schouten, MD, JD, Harvard Medical School, and James Silver, JD, draw on scientific research and their own experiences to help you identify if you are an Almost Psychopath and, if so, to guide you to the interventions and resources you need to change your behavior, creating a better life for yourself or those around you. If you think you have encountered an Almost Psychopath, they offer practical tools to help you recognize the behavior, attitudes, and characteristics of the Almost Psychopath; make sense of interactions you've had with Almost Psychopaths; devise strategies for dealing with them in the present; and make informed decisions about your next steps.

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