

# *the NARCISSIST in YOU* *(and everyone else)*

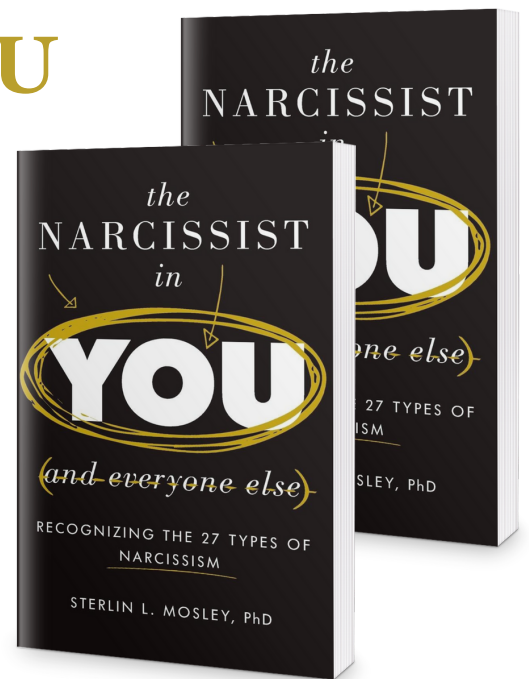
## **Recognizing the 27 Types of Narcissism**

Helps readers to identify how narcissism shows up in their own lives and when everyday narcissism becomes destructive.

The Narcissist in You and Everyone Else introduces readers to the notion of narcissism as a spectrum-based model of increasing loss of empathy (due to a variety of factors including genetics, trauma, abuse, conditioning and environment) that can give way to a propensity toward narcissism.

Through studies and examples, Sterlin Mosley defines the 27 subtypes of narcissism and how these variations differ from the limited description of the narcissistic as popularized in psychological literature, movies, and other forms of popular culture. He offers readers an opportunity to explore how their own narcissistic tendencies may show up and how to challenge those tendencies to continue to push for greater compassion and empathy for ourselves and others.

Using the Enneagram model of personality, Mosley explores and explains the variety of narcissistic tendencies and types and reveals useful tips on how to best manage those tendencies in ourselves and the narcissists around us.



Purchase through Amazon along with other fine retailers and bookstores globally. Retailers may purchase through Ingram. Hardcover ISBN #: 978-15381617-4-6 Electronic ASIN #: B0BL6M7TTF



### **Sterlin Mosley, Ph.D.,**

is an Assistant Professor of Human Relations at the University of Oklahoma. He teaches classes on personality psychology, social change, cultural awareness, and women's and gender studies. He holds a master's degree in Human Relations Counseling, where he specialized in personality typologies and personality pathology, and a Ph.D. in Intercultural Communication. Dr. Mosley has conducted research on the Enneagram personality typology for over ten years and is a certified Enneagram coach and teacher.

Dr. Mosley has developed and facilitated numerous undergraduate and graduate courses, professional workshops, training, and lectures on personality, empathy, culture, gender, sexuality, spirituality, and communication. Dr. Mosley is the co-founder and CEO of Empathy Architects. He provides personal and professional coaching and develops and facilitates workshops on the Enneagram personality system, empathy, narcissism, and other systems to help foster greater awareness and positive change. Dr. Mosley is also a ballet dancer and founded a dance company where he is a resident choreographer and artistic director. He currently resides in Norman, Oklahoma.

[SterlinMosley.com](http://SterlinMosley.com)