How to Overcome Narcissistic Traits

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The following are multiple resources for those striving to overcome their narcissistic characteristics.


- **How to Heal Your Narcissism** – [https://goodmenproject.com/featured-content/how-to-heal-your-narcissism/](https://goodmenproject.com/featured-content/how-to-heal-your-narcissism/)

- **Healing from Narcissism: A Journey Through the Stages of Recovering Your Personality from Narcissistic Disorder, Discover Compassion and Love for Others. Get Over the Addiction of Self-Obsession** - [https://www.amazon.com/Healing-Narcissism-Personality-Narcissistic-Self-Obsession/dp/1086527151/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=&sr=]