



El narcisismo: La enfermedad de nuestro tiempo (Spanish Edition)

Alexander Lowen

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¿Es usted narcisista? O bien: ¿conoce a alguien que lo sea? Si es así, sabrá que, en contra de lo que afirma la creencia popular, los narcisistas no se aman a sí mismos, y mucho menos a los demás. En realidad se trata de personas que no pueden aceptar su verdadera personalidad, y en su lugar construyen una máscara permanente que esconde su carencia de sensibilidad emocional, su incapacidad para sentir. De hecho, a los narcisistas les preocupa más su apariencia que sus sentimientos.

Actúan con frialdad, son seductores y manipuladores, y luchan por conseguir el poder y el control. Pero, en el fondo, al carecer de un sólido concepto de sí mismos, la vida les parece vacía y falta de significado, por lo cual viven en un estado de perpetua desolación.

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