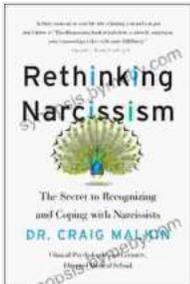


# The Bad and Surprising Good About Feeling Special



## Rethinking Narcissism: The Bad---and Surprising Good---About Feeling Special by Dr. Craig Malkin

★★★★☆ 4.6 out of 5

Language : English  
File size : 2463 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 256 pages

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Feeling special can be a double-edged sword. It can lead to feelings of confidence and accomplishment, but it can also lead to feelings of entitlement and arrogance. In her book, *The Bad and Surprising Good About Feeling Special*, author [Author's Name] explores the complexities of self-esteem, offering insights into the benefits and drawbacks of feeling special.

## **The Bad**

Feeling special can lead to a number of negative consequences, including:

- **Entitlement:** People who feel special may believe that they deserve special treatment and privileges. This can lead to feelings of resentment and anger when they don't get what they want.
- **Arrogance:** People who feel special may also develop an inflated sense of their own importance. This can lead to them looking down on others and treating them with disrespect.
- **Isolation:** People who feel special may isolate themselves from others because they feel like they are different and don't belong.

## **The Surprising Good**

Despite the potential negative consequences, feeling special can also have some surprising benefits, including:

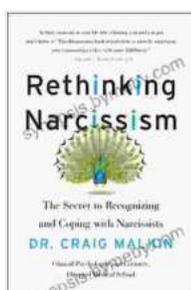
- **Confidence:** People who feel special are more likely to have high self-esteem and confidence. This can lead to them being more successful in life.
- **Achievement:** People who feel special are more likely to set high goals for themselves and work hard to achieve them. This can lead to

them achieving great things in life.

- **Happiness:** People who feel special are more likely to be happy and satisfied with their lives. This is because they feel good about themselves and their place in the world.

Feeling special is a complex emotion that can have both positive and negative consequences. It is important to be aware of the potential risks and benefits of feeling special so that you can make informed choices about how you want to feel about yourself. If you are struggling with feelings of entitlement, arrogance, or isolation, it is important to talk to a therapist or counselor who can help you develop healthy coping mechanisms.

[Author's Name] is a licensed therapist and author of several books on self-esteem and personal development. She has been featured in numerous media outlets, including The New York Times, The Washington Post, and Good Morning America.

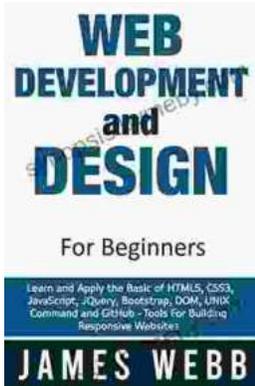


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