

EVERYDAY NARCISSISM

Yours, Mine, and Ours

Everyday narcissism, or EN, is an everyday, garden-variety form of narcissism that almost all of us suffer from—and that is so deeply embedded that we don't even know we have it. It's a false belief that we're responsible for—and have the power to control—how other people feel and behave. It's an equally false belief that other people are responsible for how *we* behave and feel. Most of all, it's a misguided conviction that the needs and wants of other people are more important than our own.

Nearly all of us are everyday narcissists—you, me, our friends, our children, our parents, our coworkers, our partners, and our neighbors. This narcissism comes from a combination of childhood wounds and enduring myths we were taught at a very young age.

In this live, interactive experience, psychologist, speaker, and author Nancy Van Dyken offers insights and strategies for healing from her book *Everyday Narcissism*:

- The five EN myths we live by
- The false principles behind everyday narcissism
- How we distract ourselves—and each other—from our EN
- How everyday narcissism diminishes our relationships
- Creating an environment for growing out of EN
- Everyday strategies for forgiveness, healing, and growth

This presentation can benefit anyone who wants more happiness, freedom, or focus in their life; anyone who is having difficulty in a relationship; and anyone who feels lost or confused about their life's direction.

Participants come away with a deeper understanding of themselves and their relationships, as well as a set of practical tools to help them stay focused, care for themselves and others, and heal their everyday narcissism.

Nancy offers a choice of a brief 45-minute talk; a three-hour interactive workshop; and an immersive full-day seminar, which includes multiple hands-on activities.

ABOUT NANCY VAN DYKEN

Nancy Van Dyken is a Licensed Psychologist and Licensed Independent Clinical Social Worker in Minneapolis. She specializes in counseling individuals with depression and anxiety, as well as in working with couples, parents, and teens. For over 30 years, Nancy has helped people to heal relationships of all kinds—including their relationships with themselves. Her book *Everyday Narcissism* has received major, ongoing media coverage.

Nancy is also a trainer and a speaker at workshops, seminars, and conferences, where she shares her wisdom and passion for healing relationships.

To learn more about Nancy, visit www.healingrelationships.com. The site offers videos, audios of some of Nancy's many media appearances, her *Psychology Today* interview on everyday narcissism, and much more.



To bring Nancy's insights to your own group or organization, call her at 952-836-2688 or e-mail her at njvandyken@me.com