



# **Almost a Psychopath: Do I (or Does Someone I Know) Have a Problem with Manipulation and Lack of Empathy? (The Almost Effect Series)**

*Ronald Schouten, James Silver*

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Do you know someone who is too manipulative and full of himself? Does someone you know charm the masses yet lack the ability to deeply connect with those around her?

Grandiosity and exaggerated self-worth. Pathological lying. Manipulation. Lack of remorse. Shallowness. Exploitation for financial gain. These are the qualities of Almost Psychopaths. They are not the deranged criminals or serial killers that might be coined "psychopaths" in the movies or on TV. They are spouses, coworkers, bosses, neighbors, and people in the news who exhibit many of the same behaviors as a full-blown psychopath, but with less intensity and consistency.

In *Almost a Psychopath*, Ronald Schouten, MD, JD, and James Silver, JD, draw on scientific research and their own experiences to help you identify if you are an Almost Psychopath and, if so, guide you to interventions and resources to change your behavior.

If you think you have encountered an Almost Psychopath, they offer practical tools to help you:

- recognize the behavior, attitudes, and characteristics of the Almost Psychopath;
- make sense of interactions you've had with Almost Psychopaths;
- devise strategies for dealing with them in the present;
- make informed decisions about your next steps; and
- learn ways to help an Almost Psychopath get better control of their behavior.

The Almost Effect™ Series presents books written by Harvard Medical School faculty and other experts that offer guidance on common behavioral and physical problems falling in the spectrum between normal health and a full-blown medical condition. These are the first publications to help general readers recognize and address these problems.



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