



*Eleanor Payson, The Wizard of Oz and Other Narcissists: Coping with the One-Way Relationship in Work, Love, and Family, Royal Oak, Michigan, Julian Day Publications, 2002*

For some time I have looked for a very readable book on living with narcissism that also had clarity about addiction and codependency. Eleanor Payson has written an easy to understand guide to navigate one's way out of the labyrinth that narcissism makes. She uses metaphors well and weaves in the wisdom of some therapy's very best authors, such as Alice Miller, Scott Peck, and Harville Hendrix. Most interesting is her use of stories (examples are the Wizard of Oz, Faust, and the Prodigal Son). In her discussion of the Prodigal Son, she describes the evolution of narcissism in the codependent by comparing that process to the eldest brother:

At this point in the story, we learn about the feelings and attitudes of the eldest brother who has led a "righteous" life, working hard to fulfill the expectations and responsibilities that were given to him. He resents his father's forgiveness of the prodigal brother and feels outrage that his brother should be restored to full status. His feelings begin to unveil the hidden narcissism of his own false self as we see his unforgiving attitude. The moment of reunion reveals the lack of love that resides behind the narcissism of "cleaving to good" as a false or substitute self ... We must see his inability to love before we can detect any falseness in such a person of goodness.

Four stars for a readable, useful book therapists can give their patients.