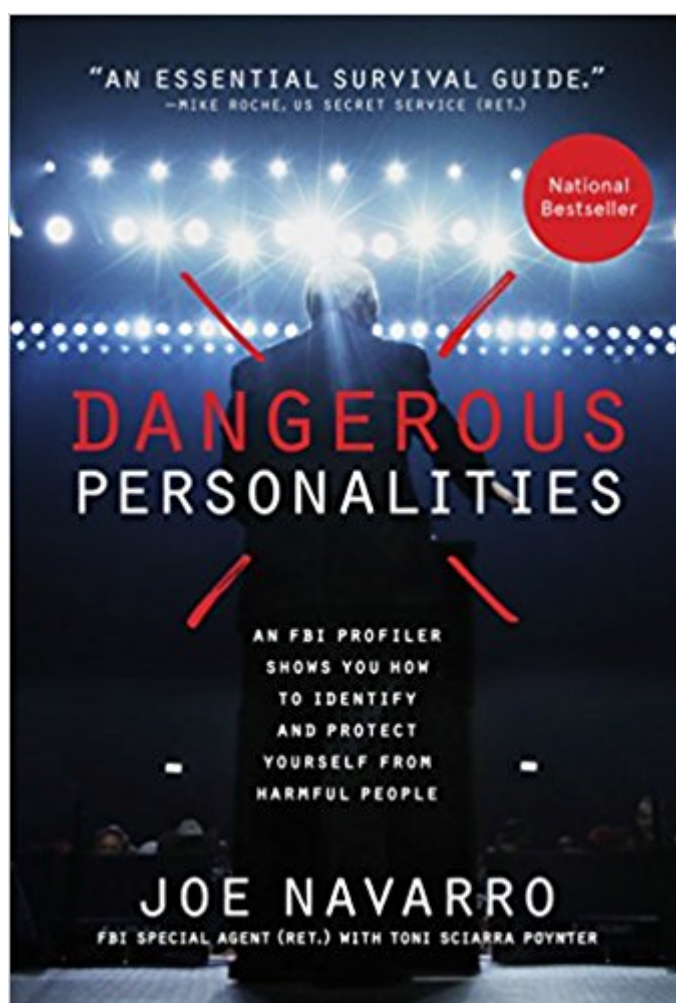


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Dangerous Personalities: An FBI Profiler Shows You How To Identify And Protect Yourself From Harmful People



Synopsis

What makes a narcissist go from self-involved to terrifying? In this national bestseller, Joe Navarro, a leading FBI profiler, unlocks the secrets to the personality disorders that put us all at risk. “I should have known.” “How could we have missed the warning signs?” “I always thought there was something off about him.” When we wake up to new tragedies in the news every day—shootings, rampages, acts of domestic terrorism—we often blame ourselves for missing the mania lurking inside unsuspecting individuals. But how could we have known that the charismatic leader had the characteristics of a tyrant? And how can ordinary people identify threats from those who are poised to devastate their lives on a daily basis—the crazy coworkers, out-of-control family members, or relentless neighbors? In *Dangerous Personalities*, former FBI profiler Joe Navarro has the answers. He shows us how to identify the four most common "dangerous personalities" and how to analyze the potential threat level: the Narcissist, the Predator, the Paranoid, and the Unstable Personality. Along the way, he provides essential tips and tricks to protect ourselves both immediately and in the long-term, as well as how to heal the trauma of being exposed to the destructive egos in our world.

Book Information

Hardcover: 256 pages

Publisher: Rodale Books (October 7, 2014)

Language: English

ISBN-10: 1623361923

ISBN-13: 978-1623361921

Product Dimensions: 6 x 22.2 x 236 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 153 customer reviews

Best Sellers Rank: #35,010 in Books (See Top 100 in Books) #40 in Books > Health, Fitness & Dieting > Safety & First Aid #196 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

Customer Reviews

“An amazing book.” —Michael M. Baden, MD, former chief medical examiner, City of New York
“This book nails it! I wholeheartedly recommend it because, in many instances, we are all either victims or potential victims of dangerous personalities.” —Susan Sexton, legal scholar and former judge in the 13th Judicial District,

Florida—“As riveting as a true crime thriller and as lifesaving as a self-help detox book. Every woman should read this.” —Dr. Wendy Walsh, host of Investigation Discovery Network’s Happily Never After—“Having spent the last 34 years responding to crisis incidents involving dangerous personalities, I can attest to the amazing insight provided by Joe Navarro in this landmark book. Well-known characters from Hollywood fiction and real-life historical figures provide clear examples and show us the warning signs. A must-read for anyone interested in understanding and dealing with dangerous personalities.” —Gary Noesner, chief, FBI Crisis Negotiation Unit (ret.), and author of Stalling for Time—“Joe Navarro opens your eyes to these toxic individuals who wreck so many lives physically, emotionally, spiritually, even financially. What society is often unwilling to acknowledge or recognize, Joe exposes for all to see with one intention—to save lives.” —Laura Quiñones Urquiza, diplomat in Criminology, University Institute of Argentine Federal Police—“There are a variety of tools and books to assess the risk of violence, but few books are as accessible and useful in the everyday life.” —Michel St-Yves, forensic psychologist, Quebec—“A must-read. Readers will learn how to avoid the pitfalls of trust, fraud, and deceit and the emotional tolls dangerous personalities levy on their victims.” —Werner U. Spitz, MD, forensic pathologist, Michigan

Joe Navarro is the author of the bestselling *What Every BODY Is Saying*. Since retiring from the FBI, he consults and lectures on counterintelligence, profiling, and interrogation and is often called upon as an expert on television. Toni Sciarra Poynter has more than 25 years experience in publishing as a consultant, an author, a collaborator, and an acquisition editor.

A useful and worthwhile book that helps the "average" person to honor his or her instincts against those destructive people who often enter their lives. Wouldn't it be wonderful if we didn't need such survival guides, but the world is what it is, and it's better to be educated and prepared when these frightening predators and leeches come our way. Joe Navarro's experience as an FBI agent gives the book power and authenticity, and his co-author Toni Sciarra Poynter helps the writing to feel accessible, elegant, and informal. This isn't a clinical book which diagnoses illness and borderline personalities: it's instead a guide for those who encounter such problematical and often terrifying people, showing case studies and possible solutions to such entanglements. The checklists are thorough and some of the stories are disturbing, but that's the point. What comes across most clearly is that often (too often) we ignore our instincts against people who seem "off" to us, or who are irritating or bullying. The culture expects us to "get along," and often this means dismissing our

gut-- which tells us frequently, "get away from this person." Navarro's book encourages readers to honor their feelings and to respect their conscience when they sense they are in a bad relationship, work environment, or unpleasant public encounter. There's a list of resources for those who have been abused or who are in peril in the back of the book, and the authors makes it a point to reinforce their important message: "It's NEVER okay for others to abuse, use, or harm you, and you have the right to call them on it, to escape, to call the police, or to tell them to stop." I don't think this book is only for those who have already suffered: it might help potential victims to recognize the warning signs of dangerous people BEFORE a crisis unfolds, and save themselves a lifetime of suffering, regret, or pain. Recommended.

This book was fundamentally informative, even valuable for the purpose of identifying, assessing and reacting to dangerous characters. For corrections officers, investigators or other professionals whose interaction with dangerous people occurs in strictly prescribed contexts, the methods of defining a few dangerous character types and assessing them according to a checklist of traits could be especially helpful, even for developing a means of character assessment that can be performed on the fly if use of the checklists and scoring system is not always practical. Navarro is probably correct that some characters are effectively irredeemable and best avoided, restrained or contained. Yet our ability to identify those characters might not be so well defined by a few checklists. How irredeemable any person exhibiting social pathologies might be is probably not well explained by their score on a checklist. Navarro suggests that some professionals in therapeutic settings might be able to successfully treat some deep-seated, dangerous character traits. He offers not nearly as much confidence in the capacity for stable communities endowed with inherent wisdom to pull flawed characters toward stable, socially constructive behaviours. Likewise, Navarro might not adequately inoculate some readers against using the checklists to construct a pathological analysis of others with whom they might be engaged in social conflict. Some readers might not balance the book's hasty diagnostic methods with an understanding of fundamental attribution errors, where behavior is incorrectly attributed to character rather than analyzed as a product of circumstances. Those flaws aside, the book provides a reason to be skeptical of people who try to charm or who try to leverage demands for acceptance, on their terms, to gain an undue advantage perhaps involving exploitation, physical violence or emotional manipulation.

(Well, mostly wish that they could've read it prior to November 8th 2016.) "Dangerous Personalities" is a particularly user-friendly, practical book that's very useful for learning to recognize the warning

signs of dangerous people, for gaining clarity/perspective, and for helping make sense of a variety of situations and interactions. It also provides a sense of validation, empowerment & permission to do what you feel is necessary to keep safe from toxic and dangerous people—irrespective of outside opinions. I wholeheartedly agree with Joe Navarro when he says, “You have no social obligation to be tormented or to be victimized—ever.” Reading this book is a good step in the right direction toward successfully identifying and managing dangerous people, in order to better protect yourself & others from harm. (Side note-- Joe recommends a book called “The Gift of Fear” by Gavin de Becker... I’d like to second that. With Joe’s book, the main focus is on cognitive recognition, and with Gavin’s book, the emphasis is on intuitive recognition... So I think the two compliment each other particularly well. Just my 2 cents.)

Everyone in my family read it and loved it. My son recommended it to his friends. Great summation of the mixed sociopathic/histrionic/ narcissistic personality disorder type that exploits others.

Really unusual take on personality disorders but thought provoking and likely more true than the DSM categorizations used by psychiatrist. Certainly there is considerable experience noted in Mr. Navarro’s observations and lists. The book is sometimes redundant and makes for slow reading and sometimes the phrasing could be more en pointe, but the content is spot on and would be helpful for people to understand what they face in life.

In our day and time anyone can benefit from owning a copy of this book. This book provides detailed profiles of dangerous personalities from all walks of life. Armed with this knowledge, you are in a better position to protect yourself and loved ones from harm. Extremely helpful information. Very readable and thorough.

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