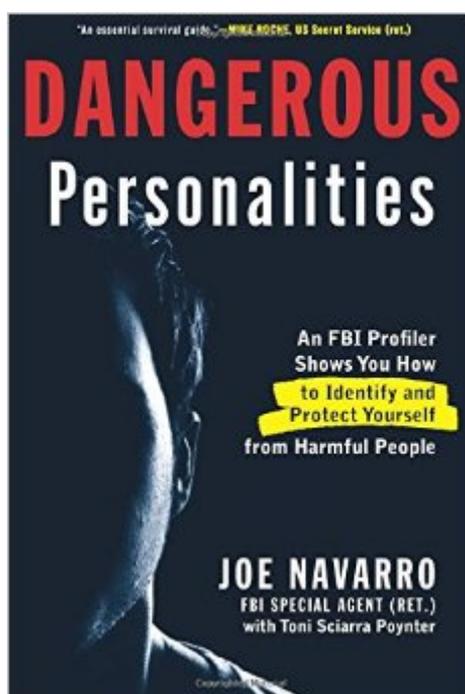


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# Dangerous Personalities: An FBI Profiler Shows You How To Identify And Protect Yourself From Harmful People



## Synopsis

We seem to wake up to a new tragedy in the news every dayâNewtown, Boston, Aurora, Columbine. So often the reporters say that "there were some signs, but nobody acted." the scary part about these tragedies is that less than 1% of criminals are incarcerated for their crimes, meaning that for every headline, there are millions of dangerous situations in which average people find themselves. On top of that, how can ordinary people identify threats from those who may not hurt them physically but can devastate their lives on a daily basisâthe crazy coworkers, out-of-control family members, or relentless neighbors? In *Dangerous Personalities*, former FBI profiler Joe Navarro shows readers how to identify the four most common "dangerous personalities" and analyze how much of a threat each one can be: the Narcissist, the Predator, the Paranoid, and the Unstable Personality. Along the way, readers learn how to protect themselves both immediately and long-termâas well as how to recover from the trauma of being close to such a destructive force.

## Book Information

Hardcover: 256 pages

Publisher: Rodale Books (October 7, 2014)

Language: English

ISBN-10: 1623361923

ISBN-13: 978-1623361921

Product Dimensions: 6 x 0.9 x 9.3 inches

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

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (87 customer reviews)

Best Sellers Rank: #66,993 in Books (See Top 100 in Books) #72 inÂ Books > Health, Fitness & Dieting > Safety & First Aid #287 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Personality

## Customer Reviews

A must read! As streetwise and savvy as you are, there are still some personalities who can get past you. This is especially true if they are high on the spectrum of their personality disorder. A skilled psychopath can be deceptive enough to bypass your gut instinct, they are that 1% capable of being undetected. This book includes a very helpful chapter on protecting oneself from these people. Navarro emphasizes that dealing with them is not the same as typical people. You can't use the same approach and its validating for many who have been left confused and perplexed and exhausted. Navarro also stresses that a person is not under obligation to abused, listen to him. Not

only is this book helpful for women who are dating but anyone who wants to steer clear of unnecessary trauma drama in life. Avoiding dangerous personalities is about survival and thriving. On a personal note, this book solidified for me why my ex kept coming back, like a bad cold I couldn't get rid of. I suspected it was more than just a vain attempt at keeping his options open and it was, it was about power, control, and winning. He said that I was one of the few who didn't acquiesce to him, which triggered him to be more predatory charming. My mind was thinking a lot of things that sounded overly fearful until reading this book clarified that I wasn't being too cautious and suspicious at all. He wasn't someone to give the benefit of the doubt to. Rather, he did have a character flaw worth NOT ignoring and taking all the steps to stay safe and away from him, was a function of self-care rather than negative thinking. Thankful for finding this book!

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 make 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.

Over the last few years I have encouraged countless people to read one book to learn to protect

themselves...The Gift of Fear, by Gavin DeBecker. Now I have another book to insist people read, Joe Navarro's Dangerous Personalities. I happen to have at least one person in my life that fits the narcissist personality to perfection and I have spent a great deal of time reading books about that affliction to learn to protect myself and to identify that trait in others. In this book Mr. Navarro provides a checklist for narcissists and three other particularly dangerous personality types. He aims to give you the tools to identify these individuals and at least a rough idea of exactly how damaging these people can be in your life (are they a destructive nuisance or a real danger to your life). Read this book even if you feel like you don't have these people in your life! You can never be too careful. Give this book to kids in high school or entering college. Facing a dangerous personality alone and unarmed with tools to identify them is how people get in unhealthy relationships, is how they fail to see abusers, it's how they fall prey to predators, and how they miss the warning signs for dangerous loners. Will this book fix all your problems? No. Will it provide you with the right tools to evaluate people in your life and identify the one from whom you must protect yourself? Absolutely! Read this... Buy it with The Gift of Fear and Mr. Navarro's other great book What Every Body Is Saying. They may just save your life.

I love this book so much, it helps to break down dangerous personality types for non-psychology majors into a format where people know who to avoid. I think that all people need to read this book especially before dating because it can save them from really bad relationships. This book doesn't show how to treat people who have mental illnesses as it is not a psychology textbook, but it does teach how to safely react to someone who is narcissistic, emotionally unstable, paranoid or predatory personality. It was designed by an FBI profiler with the purpose of educating the public about the dangers of these 4 criminal and destructive personalities before it turns into some kind of kidnapping, murder, hostage type of situation. I am going to make my kids read this as teenagers before I allow them to start dating. You can read more about it at the following [link.psychologytoday.com/blog/how-do-life/201410/dangerous-personalities](http://link.psychologytoday.com/blog/how-do-life/201410/dangerous-personalities)

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