

"AN ESSENTIAL SURVIVAL GUIDE."

—MIKE ROCHE, US SECRET SERVICE (RET.)



# DANGEROUS PERSONALITIES

AN FBI PROFILER  
SHOWS YOU HOW  
TO IDENTIFY  
AND PROTECT  
YOURSELF FROM  
HARMFUL PEOPLE

JOE NAVARRO

FBI SPECIAL AGENT (RET.) WITH TONI SCARRA POYNTER

Joe Navarro

## Dangerous Personalities: An FBI Profiler Shows You How to Identify and Protect Yourself from Harmful People



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In this national bestseller, Joe Navarro, a respected FBI profiler, unlocks the secrets to the character disorders that put people at risk. What makes a narcissist move from self-involved to terrifying? I usually thought there was something off approximately him. I should have known. But how could we've known that the charismatic head had the features of a tyrant? How could we have missed the indicators? the crazy coworkers, out-of-control family, or relentless neighbors? And how can ordinary people determine threats from those people who are poised to devastate their lives on a daily basis— “When we wake up to new tragedies in the news headlines every day—shootings, rampages, works of household terrorism—we frequently blame ourselves for missing the mania lurking inside unsuspecting individuals.” In *Dangerous Personalities*, former FBI profiler Joe Navarro has the answers. He displays us how to determine the four most typical "dangerous personalities"—the Narcissist, the Predator, the Paranoid, and the Unstable Personality— and how to analyze the potential risk level. On the way, he provides essential guidelines to protect ourselves both immediately and in the long-term, and also how to heal the trauma of being exposed to the destructive egos inside our world.



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**READ THIS BOOK** This is a book everyone in this nation - heck, nowadays - should read and reread. I am a former district attorney and now a criminal defense lawyer and I see people every day with many of these issues within their personalities. Forewarned is forearmed. A useful and worthwhile book that helps the "typical" person to . The predator section is particularly telling. People -- if you are walking, log off the "smart" phone and take the earbuds or earphones off and appearance around and notice who is around you. The difference between as an unaware individual and being truly a sad media story may be only seconds. Not really reading and studying a book like this is like carrying a handgun without having any understanding on how best to use it. Recommended. I would recommend!. Shove your BS! Joe Navarro's encounter as an FBI agent provides book power and authenticity, and his co-author Toni Sciarra Poynter helps the writing to experience available, elegant, and informal. This isn't a clinical book which diagnoses illness and borderline personalities: it's instead helpful information for those who encounter such problematical and frequently terrifying people, showing case studies and possible solutions to such entanglements. The checklists are thorough plus some of the tales are disturbing, but that's the point. What comes across most obviously is that often (too often) we ignore our instincts against people who seem "off" to us, or who are irritating or bullying. In such cases, use the word "destructive" rather, since just about anyone can relate to experiences with such people." Navarro's book encourages visitors to honor their feelings also to respect their conscience if they sense they are in a bad relationship, work place, or unpleasant open 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 helps it be a point to reinforce their essential message: "It's NEVER alright for others to abuse, use, or harm you, and you also have the right to call them on it, to escape, to call the police, or to tell them to stop." I don't believe this book is for people who have already suffered: it might help potential victims to identify the indicators of dangerous people BEFORE an emergency unfolds, and conserve themselves a lifetime of suffering, regret, or pain..

**Interesting & Helpful** It takes a little while for this publication to get to the nitty-gritty and far of the advice might seem like common-feeling, but I found it validating to listen to an FBI profiler confirm the validity of paying attention to that little inner voice that sounds a caution when you're around particular people. The author includes the spectral range of toxic behaviors, from the low degree of annoying/upsetting personalities all the way up to the physically dangerous types. We obtain it. Something similar to 4 in 100 people have traits that fundamentally mean they don't really care about anyone beyond themselves. These folks will manipulate others to get power & advantages for themselves, without any qualms. Once again, by circumscribing behaviors related to such individuals, I can see this as useful in improving my capability to discriminate between those I will let into my entire life, necessary to leading a meaningful life, and those I should avoid at all costs. He also gives assistance on how to protect yourself. A final point concerns the publication title. I came across this book helpful, despite the fact that there is no easy reply for dealing with toxic people, irrespective of where they fall on the spectrum... Thanks to it, I was able to come to terms with my relative's serious flaws. It gives you a list of 100 or so behaviors for each character trait and ranks them at different levels so you know how to measure the risk level. For instance, someone who has 10% of the personality doesn't necessarily pose a risk..

**Protect Yourself** - Buy this book and go through it!!!. Readable, beneficial to use. This publication is sensible to apply in true to life and helps regular people to safeguard themselves from harmful personalities. Navarro maintains the explanation of the personality types simple and then presents lots of queries that help the reader measure the behavior of

confirmed person. Great device for developing emotional distance Realising you have been swept up in the hands of such an individual (opening your eyes), you discover yourself filled with confusion and consternation. You may also blame yourself – at least partially – for letting yourself get used. This book, alongside its sister name, "The Histrionic Character" has allowed me to move rapidly forward in objectifying this source of anguish also to develop the psychological distance essential to deal effectively with such a person (actually a couple, in this case). Another danger We see going forward is certainly developing an inability to trust others. The author advises on how best to assess someone's behaviors to greatly help identify how dangerous they may be. Very much of it sounds like common-feeling, but he validates the truth that you should trust your gut and find alliances, and expose poor behavior, rather than attempting to downplay it. Many will discover the term "dangerous" as too intense and maybe too rare to be relevant to one's knowledge. The tradition expects us to "get along," and often this means dismissing our gut-- which tells us frequently, "move away from this person. It won't take lengthy, after reading a chapter or two, that destructive personality types can be quite dangerous to your emotional and psychological health, if not in different ways.. I would have already been okay if he applied his so known as "check lists" to recent Presidents as I expect a similar outcome would occur. Anti Trump Foreward - made potentially an excellent book into a political statement The author is definitely an Anti Trump author and re-did the foreward to reflect such that is an immediate turn off. He also went so far to produce a veiled Nazi comment that was way over the top. Some may think that and can want the book because of this, but I came back after reading that foreward.too simple If someone you understand seems a bit disturbing. Interesting and Informative! Still reading but extremely interesting and informative. Joe needs to stop trying to incite violence against President Trump. In an effort to understand what may be going on with a member of family who got into serious trouble with the law, I purchased this book. Maybe he should go back to Cuba! Wouldn't it be wonderful if we didn't want such survival guides, however the globe is what it really is, and it's easier to be educated and ready when these frightening predators and leeches arrive our way. Joe needs to stop trying to incite violence against President Trump.! Probably he should go back again to Cuba! Shove your BS! Ehhhhh ok.. However, someone who has 60% is definitely a big risk and something w 80% means you should run the opposite direction.. Wasn't what i was expecting. A good and worthwhile reserve that helps the "typical" person to honor his or her instincts against those destructive individuals who often enter their lives. That only is enough! It gives you a summary of 100 roughly behaviors ... His twitter profile is full of extreme liberal sights and re-tweets. I believe the avoidance of using medical terminology and specialized terms has more to do with not wanting to become accused of stereotyping whole groups of people living with various kinds of mental disabilities than not really wanting to confuse us dummies. DANGEROUS PERSONALITIES (Repeat) I purchased the audiobook in fact it is nauciating how many situations the phrase, "dangerous personalities," is repeated. I've read elsewhere that psychopathic personalities aren't all murderers or rapists -- the majority of them will not go to that level, however they are still dangerous in that they only value themselves. Its the title of the book. Scary stuff especially I know someone that slightly resembles the profile. Explains the logic behind some distorted thinking that helps one to better understand what to expect from different personalities and appropriate boundary settings Dangerous personalities The author did a good job describing as well as a good view of what things to search for in these personalities. Parcast: Cults podcast brought me here to waste one book credit. Interesting read This book is a fast paced clear and easy to understand manual on different personalities.

If this book was even more about confronting bystander tradition, I might have been in a position to get on board..



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