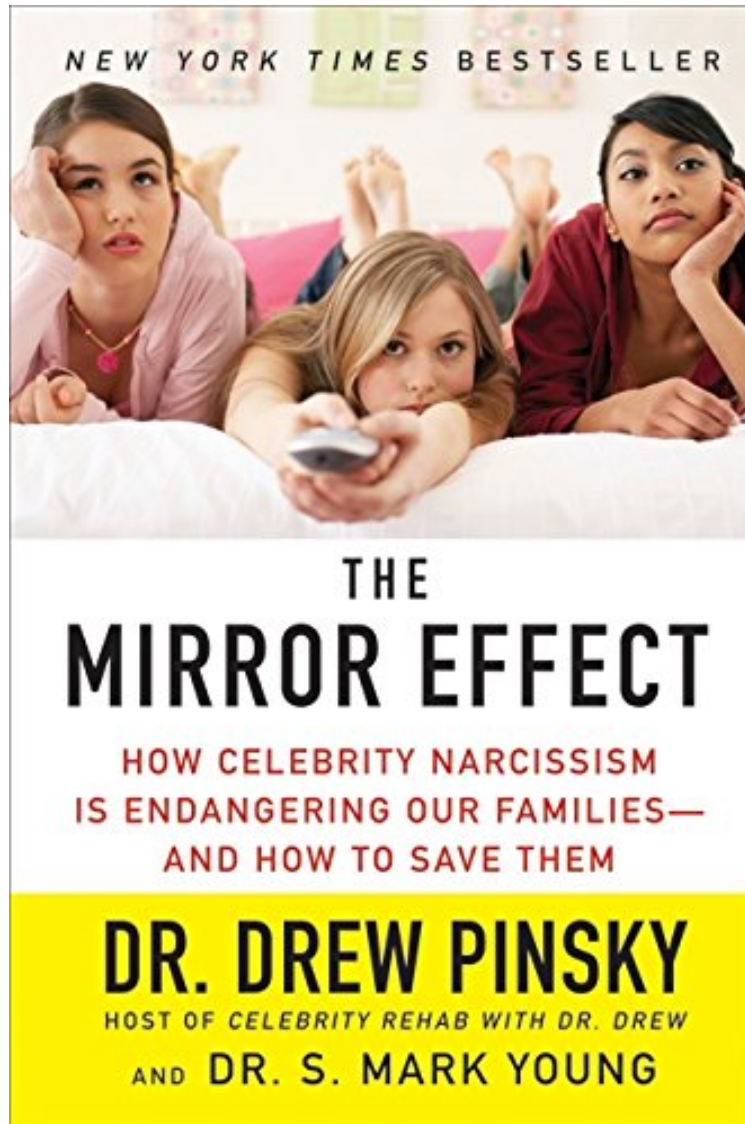


[FREE] The Mirror Effect: How Celebrity Narcissism Is Endangering Our Families--and How to Save Them

The Mirror Effect: How Celebrity Narcissism Is Endangering Our Families--and How to Save Them

Drew Pinsky, S. Mark Young
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Drew Pinsky, S. Mark Young : The Mirror Effect: How Celebrity Narcissism Is Endangering Our Families--and How to Save Them before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Mirror Effect: How Celebrity Narcissism Is Endangering Our Families--and How to Save Them:

1 of 1 people found the following review helpful. Insightful Read For Most Any Person By Don Chin An interesting

read and helpful in understanding ourselves better. It gives insight into today's issues regarding the influence of celebrity and social media on this generation. My wife and I both read this and are using our discussions to help better our relationship with one another. There is a test in the index which we took individually, and we concentrated mainly on the areas where we scored higher in rather than the numbers themselves. Most of us need to work on focusing on ourselves less and others more. 4 of 5 people found the following review helpful. Slightly Dated, But Still Relevant as Ever
By Jordan Mary
This release from the thankfully distinguished MTV and VH-1 (and upcoming CNN) expert on behavior that is not distinguished is probably one of the most important books I have ever read. It's also one of the most relevant, as America's celebrity culture is as inescapable as it is potentially dangerous to those who are most impressionable to its influences. Although many examples of celebrity excess cited in this book will seem a bit obsolete over time, the message is clear to those who watch such people every day and assume that the behavior that makes headlines is the behavior that is most desired by society. Also, as a bonus, anyone reading the book who may think that they have the disorder predominantly described in the book (Narcissistic Personality Disorder, or NPD) can take a certified quiz on the back. That way, if a reader thinks that they themselves have the disorder just by reading about the symptoms (most "normal" people will have quite a few) they can check their score before rushing out for professional help in a frenzy of hypochondria. I was certainly glad to see that, after wondering if the few symptoms I had meant that I had it, I was able to find that I scored far below average. The test itself is said to be not 100% accurate, but it is helpful nonetheless. And so is the rest of the book, which is a truly great work in the study of the parallels of psychology and sociology. 3 of 4 people found the following review helpful. Must read for parents of adolescents and young adults
By Raggson Media
Here is my premise, please feel free to skip: To be honest, I don't don't really like Dr. Drew very much, but I do think that he is a good physician. I also feel that educating the general public on the disastrous repercussions of drug addiction, teenage pregnancy, and other self-destructive behaviors that effect millions of people is paramount in addressing these problems. However, it is my opinion that television shows such as Celebrity Rehab and 16 and Pregnant are actually detrimental, considering the target audience. By sensationalizing chronic drug abuse among celebrities and other peers of the target audience, not only does the care of the patients suffer, the intended message of the dangers of drug abuse is diminished. As a medical professional, I feel as though all of these shows undermine the severity of these disease, and are more about entertainment and ratings than rehabilitation and care. Now, as for the book: I think this book is very well written and makes some excellent points about how celebrities' behavior and constant media coverage of such behavior is become destructive to children, adolescents, and families. The emergence of "celeb-utants", who derive fame from drug use, sex-tapes, and other late-night antics set an awful example for young people. Added to the fact that their celebrity status leads to essentially no legal consequences (such as less than hour in jail), impressionable young people are imprinted with the notion that success and irresponsible behavior are not mutually exclusive. I know that this sounds like a ridicule by a cynically, out-of-touch loser, and maybe that is true. But I am also a medical professional and am younger than most of the people referenced in the group. I feel as though though this book takes an important step away from sensationalizing the abhorrent behavior exhibited by many celebrities and takes a more realistic and pertinent reflection on how manage them. It is also appropriate for young adults, who are the primary beneficiaries of the book. I would recommend this book for parents; read it, and then give it to your teenage kids to read. It's not a "shock and awe" book meant to instill fear in readers, but rather provides relevant educational content that is useful to a large demographic.

The face of entertainment has changed radically over the last decade and dangerously so. Stars like Britney, Paris, Lindsay, Amy Winehouse and their media enablers have altered what we consider "normal" behavior. According to addiction specialist Dr. Drew Pinsky and business and entertainment expert Dr. S. Mark Young, a high proportion of celebrities suffer from traits associated with clinical narcissism: vanity, exhibitionism, entitlement, exploitativeness and the rest of us, especially young people, are mirroring what we witness nightly on our TV and computer screens. A provocative, eye-opening study, *The Mirror Effect* sounds a timely warning, raising important questions about our changing culture and provides insights for parents, young people, and anyone who wonders what the cult of celebrity is really doing to America.

When it comes to judging celebrities and their behavior, it might be best to take a good look in the mirror. (New York Post) Pinsky spells out a theory that stars are predisposed to narcissistic personality disorder long before they become famous. [The Mirror Effect] becomes a psychology lesson with celebrities as examples. (Wired) Drew and Mark [talk] about the changing perception of celebrities, the hidden narcissism in all of us, and what parents can do to save their kids from the cult of Miley Cyrus. (Babble.com) A compelling and intelligent study of the repercussions of today's fame-obsessed society. (Flavorpill.com) *The Mirror Effect* is a smooth read. It stresses the importance of learning empathy, and how to pass that on to impressionable young people. a how-to guide for social change that promotes individual progress. (LAist) From the Back Cover Reality TV. Celebutantes. YouTube. Sex Tapes. Gossip Blogs. Drunk Driving. Tabloids. Drug Overdoses. Is this entertainment? Why do we keep watching? What does it mean for our kids? In the last decade, the face of entertainment has changed radically and dangerously, as addiction specialist Dr.

Drew Pinsky and business and entertainment expert Dr. S. Mark Young argue in this eye-opening new book. The soap opera of celebrity behavior we all consume on a daily basis—stories of stars treating rehab like vacation, brazen displays of abusive and self-destructive "diva" antics on TV, shocking sexual imagery in prime time and online, and a constant parade of stars crashing and burning—attracts a huge and hungry audience. As Pinsky and Young show in *The Mirror Effect*, however, such behavior actually points to a wide-ranging psychological dysfunction among celebrities that may be spreading to the culture at large: the condition known as narcissism. The host of VH1's *Celebrity Rehab* with Dr. Drew and of the long-running radio show *Loveline*, Pinsky recently teamed with Young to conduct the first-ever study of narcissism among celebrities. In the process, they discovered that a high proportion of stars suffer from traits associated with clinical narcissism—including vanity, exhibitionism, entitlement, exploitativeness, self-sufficiency, authority, and superiority. Now, in *The Mirror Effect*, they explore how these stars, and the media, are modeling such behavior for public consumption and how the rest of us, especially young people, are mirroring these dangerous traits in our own behavior. Looking at phenomena as diverse as tabloid exploitation ("Stars . . . they're just like us!"), reality-TV train wrecks (from *The Anna Nicole Show* to *My Super Sweet 16* to *Bad Girls Club*), gossip websites (TMZ, PerezHilton, Gawker), and the ever-evolving circle of pop divas known as celebutantes (or, more cruelly, celebutards), *The Mirror Effect* reveals how figures like Britney and Paris and Lindsay and Amy Winehouse and their media enablers have changed what we consider "normal" behavior. It traces the causes of disturbing celebrity antics to their roots in self-hatred and ultimately in childhood disconnection or trauma. And it explores how YouTube, online social networks, and personal blogs offer the temptations and dangers of instant celebrity to the most vulnerable among us. Informed and provocative, with the warm and empathetic perspective that has won Dr. Drew Pinsky legions of fans, *The Mirror Effect* raises important questions about our changing culture and provides insights for parents, young people, and anyone who wonders what celebrity culture is doing to America.

One of the most listened-to doctors in America, Dr. Drew Pinsky is a practicing physician who is board certified in internal and addiction medicine. He is the executive producer and host of the hit VH1 reality series *Celebrity Rehab* with Dr. Drew, *Celebrity Rehab Presents Sober House*, and *Sex Rehab with Dr. Drew*. On radio he is the host of the nationally syndicated program *Loveline*. He is the author of *Cracked: Putting Broken Lives Together Again* and *When Painkillers Become Dangerous*. Pinsky lives in Southern California with his wife, Susan, and their teenage triplets. Dr. S. Mark Young heads the entertainment business program at the University of Southern California's Marshall School of Business and is the author of five books.