



Narcissist and the Cognitive Dissonance Theory: The Web of Eternal Entanglement: Transcend Mediocrity, Book 87

J.B. Snow

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Many of my listeners seek to continue learning about the narcissist and the tools that he uses in order to maintain his toxic relationships with those around him. We are baffled by his triangulation, lying, cheating, manipulation, and the trauma bond he uses to keep his followers around. He elicits negative and abusive behavior, and he seemingly gets away with it.

What we haven't discussed in a lot of depth is the theory of cognitive dissonance. Cognitive dissonance is the reason many of those who worked with Hitler did not question the evil things they were doing when they helped kill other human beings. It is the reason that friends, partners, and family members continue to support and follow narcissists, despite their ill feelings to the contrary.

We think adults should know the difference between right and wrong. We think everyone who is being hurt or manipulated would stand up for themselves and choose to walk away if they were put in a situation that was harmful to them. We wonder why groups of people are prone to infanticide and genocide, hardly putting up any fight as they are led to their deaths. We would all like to think that we would be the ones to speak out and to fight for our right to live. But would we?

This audiobook will seek to define cognitive dissonance as it relates to narcissists, toxic people, psychopaths, and other mentally ill or personality-disordered individuals. It will also define the cognitive dissonance that causes victims to stay with their narcissistic spouse or partner. The purpose of toxic and narcissistic people is seemingly to harm and take advantage of others. We look at them as being the "evil" side of humanity, but we often don't realize why they chose the "dark" side. This audiobook will shed light on the underlying reasons for this choice. It explains the underlying psyche and mind theories as they relate to how a narcissist is created.

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