

FOR IMMEDIATE RELEASE

EDNA L. ISAAC RELEASES "ANATOMY OF NARCISSISM - FROM THE WOUNDED CHILD TO THE INTEGRATED EGO"

A groundbreaking psychological and spiritual analysis offering new insight into narcissism, trauma, and emotional healing

News Provided By: Edna L. Isaac Taunton, MA – May 2026

TAUNTON, Mass., May 2026 – Author, professor, and international speaker Edna L. Isaac announces the release of her new book, "Anatomy of Narcissism: From the Wounded Child to the Integrated Ego", a comprehensive and accessible exploration of narcissism, trauma, emotional healing, and identity formation.

The book is now available in English and Spanish, and offered in Hardcover, Paperback, and Digital editions, ensuring broad accessibility for global readers seeking clarity on narcissistic behavior, emotional wounds, and relational recovery.

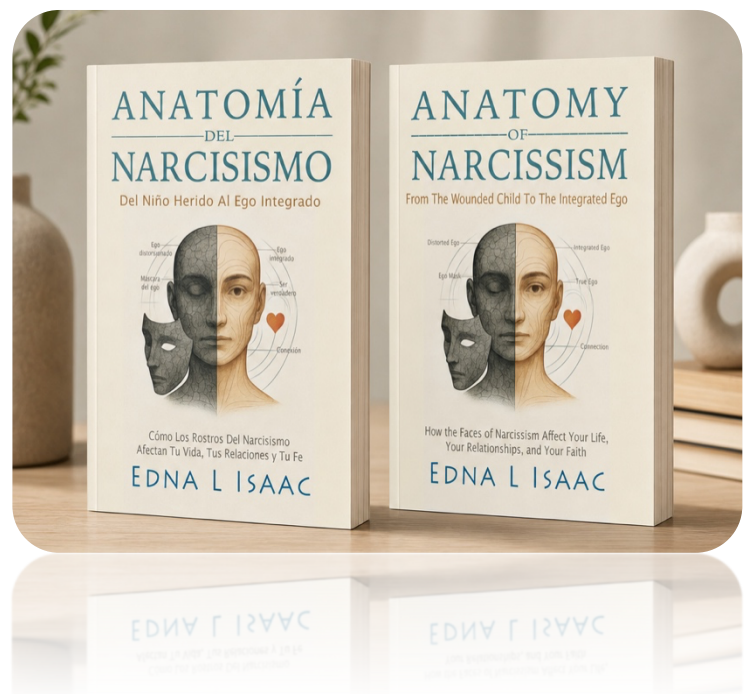
As conversations around toxic relationships, emotional abuse, mental health, and spiritual trauma continue to rise, Isaac provides a timely and deeply researched framework that integrates psychology, neuroscience, spirituality, and clinical insight.

WHAT THE EXPERT SAYS – CLINICAL ENDORSEMENT

Dr. Peter Burgos Vega, Psy.D. – Clinical Psychologist

"Narcissism is not... a manifestation of excessive self-love. It is, at its most intimate core, a psychic structure organized around lack, wounding, and denial." – Dr. Peter Burgos Vega, Psy.D.

According to Dr. Burgos, Isaac's work dismantles the phenomenon of narcissism with clinical precision and remarkable human sensitivity, revealing the fragile emotional architecture that sustains narcissistic grandiosity and denial.



He emphasizes that the narcissist does not merely deny their wound—they are constituted through that denial, and that meaningful change requires confronting the emotional risk of dismantling the very structure that has ensured their psychological survival.

For clinicians, the book is a tool for deep reading of the psychic apparatus. For relational victims, a clear map without false hope. For general readers, an invitation to face an essential truth: one cannot heal what one does not acknowledge.

ABOUT THE BOOK – SUMMARY

Anatomy of Narcissism offers a multidimensional analysis of:

- The primary emotional wound behind narcissistic identity
- Denial and dissociation as survival mechanisms
- Trauma, toxic shame, and emotional fragmentation
- Narcissistic behavior in relationships, family systems, and faith communities
- Spiritual narcissism and its impact on religious environments
- Emotional regulation, boundaries, and recovery strategies
- The internal oscillation between insight and defensive collapse

The book blends clinical psychology, pastoral care, and neuroscience-informed insight, making it a valuable resource for therapists, survivors of narcissistic abuse, ministry leaders, and readers seeking emotional clarity.

ABOUT THE AUTHOR

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Edna L. Isaac is an author, professor of theology, international speaker, and CEO of JDN Publications / JDN Corporation. With more than two decades of experience in leadership, counseling, spiritual formation, trauma recovery, and emotional development, she is recognized for her work in identity restoration and relational healing.

Anatomy of Narcissism is available in:

- English and Spanish
- Hardcover
- Paperback
- Digital editions (eBook)

Distributed globally through:

Amazon - IngramSpark - Participating bookstores