

Narcissism and Self-Cohesion in Ottessa Moshfegh's *My Year of Rest and Relaxation*

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Abstract: *This study examines the depiction of Narcissistic Personality Disorder in My Year of Rest and Relaxation by Ottessa Moshfegh, using an approach that blends the diagnostic standards for narcissistic personality disorder from the DSM-5 with Heinz Kohut's Self Psychology. The unnamed protagonist's grandiosity, need for admiration, and profound lack of empathy are signs of narcissistic personality disorder. However, Moshfegh's storytelling goes beyond a label of clinical diagnosis to unveil a profoundly human story. Looking through Kohut's perspective, we delve into the protagonist's fragmented identity uncovering her search for inner unity and affirmation in a world that constantly disappoints her. Moshfegh's dark humor and detached storytelling mirror the main character's inner battle echoing contemporary society's obsession with self-improvement. Exploring the protagonist's interaction with others and her ways of dealing with challenges, this study sheds light on the cultural implications of narcissism and the constant quest for an idealized self. This study aims to enhance our comprehension of narcissistic personality disorder in the realm of literature prompting us to understand the quest for meaning and identity in a world marked by fragmentation. Through this examination, we gain not only a deeper insight into the protagonist's psyche but also a mirror reflecting our own societal and personal struggles.*

Keywords: *fragmented identity; narcissistic personality; self psychology;*