

The Good Psychopath's Guide to Success

Andy McNab , Kevin Dutton

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What is a good psychopath? And how can thinking like one help you to be the best that you can be?

Professor Kevin Dutton has spent a lifetime studying psychopaths. He first met SAS hero Andy McNab during a research project. What he found surprised him. McNab is a diagnosed psychopath but he is a GOOD PSYCHOPATH. Unlike a BAD PSYCHOPATH, he is able to dial up or down qualities such as ruthlessness, fearlessness, conscience and empathy to get the very best out of himself – and others – in a wide range of situations.

Drawing on the combination of Andy McNab's wild and various experiences and Professor Kevin Dutton's expertise in analysing them, together they have explored the ways in which a good psychopath thinks differently and what that could mean for you. What do you really want from life, and how can you develop and use qualities such as charm, coolness under pressure, self-confidence and courage to get it? The Good Psychopath Manifesto gives you a unique and entertaining road-map to self-fulfillment both in your personal life and your career.

The Good Psychopath's Guide to Success Details

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Author : Andy McNab , Kevin Dutton

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From Reader Review The Good Psychopath's Guide to Success for online ebook

Lillee says

3.5*

Overall, it was a good book. I did have to fight the urge to skip towards the end but managed to resist. Kevin Dutton has a habit of almost bragging about where he goes and who he knows, but that was more toned down in this book than in his *The Wisdom of Psychopaths*. I found the humour between Kevin and Andy did help to carry the book along and it was interesting to have Andy's input on several situations. Being a suspect-psychopath myself (GOOD possible psychopath, mind you ;)) I found it useful to isolate already psychopathic quantities and see how I could use them better, without crossing into bad BAD psychopath territory. Speaking of unnecessary cap lock, I noticed a lot of people complained or mentioned how seemingly random words are CAPITALISED. It's not that bad, he's clearly just trying to emphasise the importance of words that would've been fine without it. A lot of things are listed as bullet points, too, with subheadings and new chapters extravagantly separated with all sorts of fancy editorial methods. Doesn't distract too much from the reading, but not a book I'd go out of my way to recommend, even if you're heavily interested in the topic.

Artem.linco says

Positive thinking concepts explained with plain British humor.

Julie says

I loved this book from start to finish and highly recommend it for anyone interested in how our brains work. The co-authors are Dr Kevin Dutton, a specialist in psychopaths' brains, and Andy McNab, one of the most highly decorated Army and SAS soldiers of all time in the U.K. The reason this seemingly mismatched duo are working together is that Andy is a psychopath.

The whole premise of the book is that if we can harness some of the positive psychopathic responses, we will be more effective at all we do.

Each chapter presents stories that exemplify a particular trait and the chapters finish with a questionnaire that evaluates where you are currently on that behavioural spectrum.

I had a number of psychological assessments during my career and wasn't surprised by the findings. I am a naturally cautious person, but what did interest me greatly is why I can respond so differently in different types of stressful situations. The crux seems to be, how emotionally involved I am and the book has definitely given me ideas to play with.

All this may seem obvious, or not, but I have read quite extensively on the general subject of psychology and there was plenty of new information for me.

The book is a lighter hearted look at a serious subject and there is use of some bad language in the text. Please don't let either of these things put you off though.

Chris Pavilly says

I enjoyed this book, especially the good-humoured banter between Andy McNab and Kevin Dutton. The block capitalization was perhaps unnecessary (and I see many others felt it intrusive too). I saw it less as a self-help book than a way to break down some of the negative associations that attach to those neuro-atypical people who take a non-criminal path through life. Nevertheless it was informative and very amusing at the same time.

Greg says

This was one of the first books I picked up on psychopathy and I'm very glad I did. I bought it from a WHSmiths in Manchester and you should of seen the look on the woman's face when I put it on the counter! I'm sure she was about to push the panic alarm! This book has great humour but also mixes facts and science in a very easy to understand simplistic way. Kevin seems to be an expert at relating with people, his words exude confidence and enthusiasm and you genuinely feel warmer in his presence. The addition of Andy really adds depth to the book and creates a great heroic role in the story which seemed to build some confidence in me and made me feel better about myself. If you want a science book, this isn't for you. However, if you want to read about psychopathy in a lighthearted humorous way, this book is for you.

Emily G says

I am starting a new job at work where I'm going to be managing a large team of operatives, and my default setting is 'nice'. This book, therefore, has given me insight on how to use my innate inner psychopath strengths, and dial back my emotional, overly empathetic side, to get what I want out of my team and not what they want out of me!

So why not five stars? Because I didn't agree with all the scenarios detailed in the book, as they could easily have ended more violently, imho, if the person didn't have a sense of humour! I also think that we would have benefitted from understanding why Andy McNab failed the first time he went for SAS selection, but it wasn't even mentioned.

The combination of Kevin Dutton and Andy McNab works well, I think, and is a clever marketing tool. I only bought because I like Andy McNab, he seems very down-to-earth when you meet him and I was interested to hear his take on how to be successful in life.

Raofa Ibrahim says

I enjoyed this .. it's the first book I read that I pick in the bookstore without any previous planning.

First you must understand that Psychopaths are not all bad.. there are good ones, in this book you're going to learn about them and from them, to understand if you are one of them or if you want to be one of them what to do (you'll not be a psychopath if you are not, but you're going to learn their characteristic and maybe you could apply it in your life).

The book discuss **The Seven Deadly Wins** in each chapter.. it will help you achieve your goals not only at work but in all aspects of life:

1-Just Do It :Psychopaths go for it.

2-Nail it :Psychopaths know how to win.

3-Be Your Own Person : Psychopaths have immune self-belief.

4-Become a persuasion black belt :Psychopaths study people.

5-Take it on the chin :Psychopaths move on.

6- Live in the moment : Psychopaths are focused when it matters.

7- Uncouple behaviour from emotion :Psychopaths aren't ruled by emotion.

You'll find that you have already the 7 wins or most of them, thats good.. or you don't have any of them, then you have to learn them in order to get what you want.

Kieran Harris says

Amazing book that is both interesting and really helpful. Kevin and Andy break things down into simple terms and make it suitable to the every day person by using every day situations as examples to improve yourself. If you're set in your ways then it probably won't be much help but it definitely gets you thinking about alternative perspectives and who knows, might change you for the better.

Eric says

Andy this and Andy that. The author is trying to use this book as a medium to kiss up a self-pompous guy named Andy. I went through one third of the book and have to give up.

Alannah Marie says

This book is nothing but pop-psychology. A 'good psychopath' is an oxymoron. Anyone who has ever had to deal with a psychopath in a workplace, will know that they are not team players and although they are attracted to leadership positions, they make terrible leaders. They steal, they lie, they cheat, they are parasitic, they bully others, they take foolish risks, they don't

develop longterm goals, they don't form good long-term relationships. It takes more than charm or ambition to be successful.

Great leaders are often known for being able to inspire, motivate and direct a team. They are also honest, connect with people well, helpful and considerate. These are all things that require a decent amount of empathy.

Robert J. Engleman says

Great topic...but in need of ruthless editor.

A psychopathic, ruthless editor. A steely-eyed surgeon of style. A knife wielding wizard of words, a cunning crusader of...

Ok, you probably get it. The topic itself is fascinating. But, god please spare us the *alliteration*. There does seem to be an improvement in editing from Wisdom of Psychopaths...here we are spared the tortured metaphors of the previous book.

Obviously since I read his last book, and bought this, I find the topic of what I suppose could be called "applied psychopathy" to be very intriguing. Just in need of a ruthless editor. Perhaps it's me, but the writing distracts from the topic and work.

Heather says

So, I'd like to point out the obvious: I'm not a psychopath (seriously, I took their test). It's just an interesting read in the sense of: how many guides to success encourage you to be a little bit of a psychopath?

It does have RANDOM use of CAPITAL LETTERS on what they clearly feel are BUZZ WORDS, which is SUPER ANNOYING. But there's plenty of anecdotes and quizzes to accompany their advice. The chats between McNab and Dutton were a bit pointless sometimes, but generally it was fine.

Did I read it to be enlightened? No. I thought it sounded fun. And it kind of was. The massive part on procrastination did really ring true, so that was of particular interest, but if I take one piece of solace it's that, according to their quizzes, I am not a psychopath, so that's something.

Luke Waldron says

What is a good psychopath? And how can thinking like one help you to be the best that you can be?

i started this book before i started college and it was a great help to me, now I've never been a great believer in self help books but have to be honest when i saw this book i thought "thats a weird but interesting name for a book? hummmm maybe i should give it a look see" and its bad its actually pretty amazing you see everyone has an inner psychopath inside of them from birth its a human instinct to survive to get the most out of life.

it starts off by explaining to you what a psychopath really is and the common misconceptions of one and how we all are one and then goes on to explain to you how to use it and well make people your own slave by manipulating them in other words. And like the art of war this book gave me a better understanding of myself and the world around me and how I can utilize different aspects of myself to get what I want without anyone else being none the wiser and i'll be honest I've been rather crafty and well used others to my advantage but for good that is to get me to where i need to be and people are still none the wiser ;) not just that but I've always had a silver tong and had a way with words so this book has made me a persuading machine ;)

and so will you be if you see this book on the shelves its been a great help to me with and i will be using the skills I've learnt from this book for the rest of my living days.

I also love the tick box's they have at the end of every chapter to see what kind of person you are depending on the subject chapter it is amazing a great touch to an already amazing book and helped me hone in my skills and learn something new about myself

i think like a psychopath ??

Katherine Wu says

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YHC says

I learned from this book that Good Psychopath is the one who practices perfectly the mindfulness to a certain level. Living at the precise moment: present, even to enjoy the fragment of second. Enjoy means feel it fully. This training could actually help us in many different kind of problems, enhance different parts of stability. Emotion does exist in Psychopath, but they are able to switch on and off easily. This is what normal people can not do. But again, the good psychopath we talk about here is not the series murderers kind, but that kind of well trained, calm soldiers.

Overall, mindfulness could actually sort out many things. I think i will practice more.

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