

Please forward the link to this page to **journalists and editors**.

HELP FIGHT NARCISSISTIC ABUSE!

[Narcissistic Personality Disorder \(NPD\)](#), [Self-love](#), [Narcissism](#), [Narcissists](#), [Psychopaths](#),

And [Relationships](#) with [Abusers](#), [Stalkers](#), and [Bullies](#)

MEDIA KIT and PRESS ROOM (click [HERE](#) to [download PDF version](#))

My [Narcissists, Psychopaths, and Abuse YouTube channel](#) (my 5 channels have more than 20.1 million views and 85,000 subscribers)



[Sam Vaknin](#) (bio)



[Sam Vaknin](#) (Wikipedia)

Teaching Positions Held

[Visiting Professor of Psychology](#) in Southern Federal University, Rostov-on-Don, Russia

[Professor of Finance and Psychology in CIAPS](#) (Centre for International Advanced and Professional Studies)

Editorial Boards

Member of the [Editorial Board of Journal of Clinical Review & Case Reports](#)

Associate Editor of [International Journal of Arts and Humanities](#)

Member of the [Editorial Board of Psychology Research](#)

Member of the [Editorial Board of Clinical Depression](#)

Member of the [Editorial Board of Asclepius Medical Case Reports](#)

Member of the [Editorial Board of the Global Journal of Addiction and Rehabilitation Medicine](#)

[Editor in Chief](#) of [Journal of Psychology and Psychiatry Studies](#) (Certificate of Editorship)

Membership of Organizing Committees of Scientific/Academic Conferences

[2nd International Conference and Expo on Clinical Psychology, Paris, France, January 2019](#)

[World Brain Congress, Dubai, UAE, December 2018](#)

[31st American Psychiatry and Psychology Congress, Orlando, Florida, USA, March 2019](#)

[35th International Conference on Psychiatry and Psychosomatic Medicine, Brussels, Belgium, November 2018](#)

[27th Edition of International Conference on Clinical Psychology and Neuroscience, Zurich, Switzerland, February 2019](#)

[29th International Conference on Adolescent Medicine and Child Psychology, Rome, Italy, December 2018](#)

[4th International Conference on Clinical and Counselling Psychology, Brisbane, Australia, June 2019](#)

[International Conference on Addiction and Behavioral Science, Dubai, October 2018](#)

[5th International Conference on Mental Health and Human Resilience, Barcelona, Spain, March 2019](#)

[28th Conference “Nursing Practice 2018”, Dubai, November 2018 Conference Brochure](#)

[International Conference on “Applied Psychology, Psychiatry and Mental Health”, Los Angeles, USA, November 2018](#)

[29th International Conference on Psychiatry and Mental Health, Singapore, September 2018](#)

[31st World Psychiatrists and Psychologists Meet, Ho Chi Minh City, Vietnam, June 2019](#)

[Global Conference on Nursing and Healthcare, Rome, Italy, June 2019](#)

[3rd International Conference “Clinical and Counseling Psychology”, Singapore, August 2018](#)

[“Psychiatry 2018”, Rome, Italy, July 2018](#)

[30th “World Psychiatrists and Psychologists Meet”, Osaka, Japan, October 2018](#)

[Conference Schedule Scientific Program OCM certificate Presentation Applaud Certificate Conference Book](#)

My Work Cited in Scholarly Publications and Academic Journals:

[American Journal of Psychiatry, Psychology Today, American Journal of Family Therapy, Google Scholar, International Journal of Psychology Research,](#)

[Journal of Film and Video, Biomedical Ethics for Engineers, Philosophy, Psychology and Psychiatry, Journal of Counseling and Development, AI and Society,](#)

[International Journal of Law and Psychiatry, Aggression and Violent Behavior, Journal of Religion and Health, Studies in Philosophy and Education,](#)

[Currents, Journal for the Scientific Study of Religion, Kybernets, Journal of Biomedical Informatics, Journal of Forensic Dental Sciences, Journal of Clinical Review and Case Reports,](#)

[Journal of Addiction Research,](#) and more, as well as in dozens of [Dissertations and Theses](#)

In the Press

[CNN](#), [Financial Times](#), [Prague Post](#), [Sunday Times](#), [New-York Times](#), [Newsweek \(Serbia\)](#), [Flare](#), [Vice](#), [Forbes](#),

[More Magazine](#), [New-York Post](#), [Washington Post](#), [USA Today](#), [UPI](#), [NY Daily News](#), [CNN-Oprah.com](#),
[Canadian TV](#),

[Metro Newspapers](#), [Washington Times](#), [Radio-Television Suisse \(RTS\)](#)

[New Statesman](#), [The Telegraph](#), [MovieBETA](#), [Oberösterreichische Nachrichten](#), and [many MORE!!!](#)

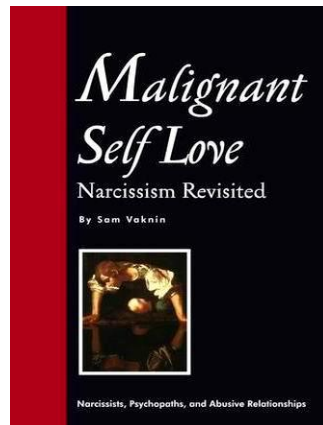
Cited in [Psychology Today](#), [scholarly literature](#), and [more than 4000 books](#)

Documentaries

[Egomania](#), [“I, Narcissist and Cruel”](#), [“I, Psychopath”](#) [“How Narcissists Took Over the World”](#)
[“Narcissistic Abuse: An Unspoken Reality”](#)

Follow me on [Twitter](#), Facebook ([my page](#) or [the book's](#)), [YouTube](#), [Instagram](#), [Google Plus](#)

Click [HERE](#) to Download [Videos about narcissists, psychopaths, and abuse in relationships](#)



The content of this Web site is based on correspondence since 1996
With more than a thousand people diagnosed with [Narcissistic Personality Disorder](#) (narcissists)
And with tens of thousands of their family members, friends, therapists, and colleagues.

Dear Author/Editor,

I am Sam Vaknin, author of [“Malignant Self-love: Narcissism Revisited”](#), a pioneering work of reference, now in its 10th. DSM-5 compatible revision, about [Narcissistic Personality Disorder](#) and of [other books](#) about [personality disorders](#).

I have been studying [pathological, malignant narcissism](#) for several years now, mostly in the following contexts:

- I. **Corporate settings and in Politics** - click [HERE](#) for online resources
- II. **Abusive and Dysfunctional relationships** - click [HERE](#) for online resources and a [TIP SHEET: Cope with Your Abuser](#)

Narcissistic Personality Disorder (NPD) is a serious, often undiagnosed condition, frequently related to abuse in childhood.

In many cases the disorder compels the sufferer to become the abuser in turn.

Once almost unheard of, pathological narcissism is now considered to be at the heart of phenomena as diverse as **corporate malfeasance, workplace bullying, the emergence of murderous dictatorships, domestic violence, and serial killings.**

I would be delighted to assist you in putting together a report, a segment, an issue, an article, or series of articles - regarding this disorder.

Click [here](#) to review some ideas for articles!

I am also available for interviews.

Click [here](#) to download extensive [excerpts](#) from my book, or the full text of "[The Narcissism Book of Quotes](#)".

Review copies of my book are available upon request - click [here](#) to write to my publisher and [read some Testimonials](#).

Kindly scroll down to learn more [about me](#), [how I can help you](#), my [contact details](#) and [additional online resources](#).

Online Photo Exhibition: The Old-New Face of the Narcissist - Click [HERE!!!](#)



About me ([download my bio](#))

I am the author of [Malignant Self-love: Narcissism Revisited](#), the pioneering work about narcissistic abuse, now in its 10th, DSM-V compatible revision. My work is quoted in well over [1000 scholarly publications](#) and in over [3000 books](#) (partial list [here](#)). My [Narcissists](#),

[Psychopaths, and Abuse YouTube channel](#) and my other channels have more than 20.1 million views and 85,000 subscribers.

The Web site "[Malignant Self-love: Narcissism Revisited](#)" had been, for many years, an Open Directory Cool Site and is a Psych-UK recommended Site.

I am *not a mental health professional* though I am [certified in psychological counseling techniques](#) by [Brainbench](#).

I served as the editor of Mental Health Disorders categories in the [Open Directory Project](#) and on [Mentalhelp.net](#). I maintain my own Websites about the [Narcissistic Personality Disorder \(NPD\)](#) and about [relationships](#) with [abusive narcissists](#) and [psychopaths here](#) and in [HealthyPlace](#).

You can read my work on many other Web sites: [Mental Health Matters](#), [Mental Health Sanctuary](#), [Mental Health Today](#), [Kathi's Mental Health Review](#) and others. I write a column for Bellaonline on [Narcissism and Abusive Relationships](#) and am a frequent contributor to Websites such as [Self-growth.com](#) and [Bizymoms](#) (where I am an [expert](#) on personality disorders).

I served as the author of the Personality Disorders topic, Narcissistic Personality Disorder topic, the Verbal and Emotional Abuse topic, and the Spousal Abuse and Domestic Violence topic, all four on Suite101. I am the moderator of the [Narcissistic Abuse Study List](#), the [Toxic Relationships Study List](#), and other mailing lists with a total of c. 20,000 members. I also publish a bi-weekly [Abusive Relationships Newsletter](#).

You can view my biography [here](#).

I suggest you read this first, "[What is Pathological Narcissism?](#)"

How Can I help

Subject to appropriate credit, I would be happy:

I. To **write materials for the article/issue**

II. **Collaborate with the authors/editors** of the article/issue

III. Participate with an **interview**

IV. **Grant you access to the members** of my extensive e-mail lists (more than 6000 members)

V. **Grant you permission to quote**, at any length, from my books about narcissism (and especially from "Malignant Self Love - Narcissism Revisited")

VI. **Provide oral or written background material.**

Contact Details

I travel often but you can always contact me through my numbers in Macedonia.

The local time is GMT+1 or EST+6.

I can be contacted by phone (or via Skype - click [HERE](#) to learn more):

(From the USA, also via WhatsApp or Viber)

011-389-78-319-143

(From outside the USA, also via WhatsApp or Viber)

+389-78-319-143

E-mail:

vkninsam@gmail.com

vaksam@mt.net.mk (Backup address. Kindly copy all correspondence to both e-mail addresses).

ONLINE RESOURCES

You May Wish to Start Here - click on these links to learn more:

Pathological narcissism is at the root of **social ills** as diverse as **terrorism, corporate malfeasance, and crime**.

Click [HERE](#) to download a ZIP file with:

Mirror, Mirror - Interview with the Toronto Sun and other interviews, chat transcripts, dialogs, bibliographies, and scholarly articles.

Financial Times: [When narcissism becomes pathological](#) (click [HERE](#) to download the article)

CNN Cover story: [Reality bites after the lights go out](#)

New-York Daily News: [Stop the insane insanity defense](#)

Oprah.com and CNN: [Are You Addicted to Praise?](#)

Corporate Narcissism

[Narcissism in the Boardroom](#) (United Press International/UPI - [Part I](#), [Part II](#))

[New Narc City: Sam Vaknin and the Narcissism of Wall Street](#) (New-York Press)

[Executives Are Smitten, and Undone, by Their Own Images](#) (New-York Times)

[Nobody Loves T.O. Like T.O. Loves T.O.](#) (Washington Post)

[Is your ego big enough to get ahead in the workplace?](#) (The Telegraph)

Abusive Relationships

[The Monster in the Mirror](#) (Sunday Times)

[Faultless Nation](#) by Cal Thomas

[Celebrities Just Want to be Left Alone](#) (USA Today)

[Has your man got a cheating disorder](#) (More! Magazine)

[Are you dating a narcissist? Take our quiz](#) (Metro newspapers)

[Narcissistic personality disorder is not harmless behavior](#) (Washington Times)

[Vain Love: Relationships with Narcissists](#) (Oberösterreichische Nachrichten: [page 1](#) and [page 2](#))

Crime and Terrorism

[Mass and Serial Killers](#) (PopMatters.com)

[Narcissism and Terrorism](#) (The Idler)

[Shooting stirs gun debate](#) (Prague Post)

[Somatic Narcissist Killer](#) (Canadian TV)

To learn about this disorder...

Narcissistic Personality Disorder and Pathological Narcissism at a Glance:

<http://www.narcissistic-abuse.com/npdglance.html>

<http://www.narcissistic-abuse.com/narcissismglance.html>

A [Primer on Narcissism](#) (scholarly text):

http://metapsychology.mentalhelp.net/poc/view_doc.php?type=de&id=419

My work is quoted in more than 1000 scholarly publications and in over 5000 books

Search for "Sam Vaknin" on **Amazon**, **Google**, and on **Google Scholar** – or, Click on these links:

[Citation of my work in scholarly journals](#) (Google Scholar)

[My work cited in books about Narcissism](#) (Amazon)

[My work cited in well over 3000 books](#) (Google Books)

[My work cited in an additional 4000 books](#) (Google Books)

[My work on narcissism cited in the literature](#) (Google Scholar)

You can [download some of the scholarly and media articles which cite my work here](#).

Or, read these **Introductory Chats about Narcissism**:

<http://www.healthyplace.com/personality-disorders/transcripts/narcissistic-personality-disorder/menu-id-652/>

<http://www.healthyplace.com/personality-disorders/transcripts/relationships-with-abusive-narcissists/menu-id-218/>

<http://www.healthyplace.com/personality-disorders/transcripts/narcissism-in-the-workplace/menu-id-62/>

<http://www.mental-health-today.com/narcissistic/transcripts.htm>

<https://web.archive.org/web/20050715080116/http://my.webmd.com/content/article/71/81306.htm>

Radio and TV Shows regarding Relationships with Abusive Narcissists

[Narcissists as Abusers TV Shows](#)

(Click "On Demand" at the bottom of the player and select the relevant shows on narcissism and abuse)

[Narcissism - Listen to the Infinite Mind Radio Show](#)

[ABC Radio Psychopaths in Suits](#)

["I, Narcissist and Cruel"](#) (Radio-Television Suisse)

[How Narcissists Took Over the World](#) (Vice UK)

[Narcissistic Abuse: An Unspoken Reality](#)

Egomania Channel 4 (United Kingdom) - on the [Wikipedia](#) - [Watch It](#)

[Listen to Conversations with a Narcissist](#) - Click [HERE](#) for MP3

Network Courage Interview: [HERE](#) and [HERE](#)

Interview with **Monda Williams** - Click [HERE](#) to listen

[Help Me Rhonda! radio talk show on narcissists](#)

Phil Hendrie Show - [Part I](#), [Part II](#)

[The Narcissist in the Dark Room](#) [Download](#)

["I, Psychopath" Documentary](#) (Arte, CBC) - on IMDB ([Vaknin](#) and ["I, Psychopath"](#))

Readers' reviews of **"Malignant Self Love - Narcissism Revisited"**:

<http://search.barnesandnoble.com/bookSearch/isbnInquiry.asp?r=1&ISBN=9788023833843>

(Or, click on this link - <http://www.bn.com> - and search for "Sam Vaknin" or "Malignant Self Love").

You can also **search my entire site**:

<http://samvak.tripod.master.com/taxis/master/search/mysite.html>

Take care,

Sam Vaknin

Ideas for Articles

1. Why do narcissists hate Christmas?

Click [here](#) to find out!

2. Narcissistic leaders, from Hitler to Bush (or [Obama](#), or Saddam Hussein, depending on your political predilections)

Click [here](#) to learn more about narcissistic leaders.

3. Celebrity and induced (situational) narcissism

You can find out more about this topic [here](#) and [here](#).

4. Corporate malfeasance and megalomania

Corporate narcissism is described [here](#).

5. Divorcing a narcissist or a psychopath

Tips and advice available [here](#).

6. Religion as narcissistic mass psychosis

Discover how narcissists abuse religion - click [here](#).

7. Child prodigies sometimes develop into raging, malignant narcissists

The developmental path of a Wunderkind - click [here](#).

8. Egomania in restrictive and disciplinarian institutional settings (prisons, hospitals, army)

For a detailed overview - click [here](#).

9. Autism spectrum disorders (such as Asperger's Disorder) as Ego disturbances

Autism Spectrum Disorders are sometimes misdiagnosed as pathological narcissism - learn how this happens [here](#).

10. Narcissism and genocide

A connection first suggest by Freud - read about the Narcissism of Small Differences [here](#).

11. Narcissists and Psychopaths on the Internet

The Internet is the ideal playpen for narcissists and psychopaths - click [here](#) to learn more (and [here](#) if you read Spanish).

TESTIMONIALS

What the Media have to say

"Few people can claim to have increased the public awareness of NPD to such a degree."

Adrian Tampany, [Financial Times Weekend Magazine](#), September 4-5, 2010

"Malignant Self-love (is a) ... magnum opus"

Yvonne Roberts, [Sunday Times](#), September 16, 2007

"Sam Vaknin is the world's leading expert on narcissism."

Tim Hall, [New York Press](#), Volume 16, Issue 7 - February 12, 2003

[Interviews](#) (New-York Times, New-York Post, Washington Post and other major media)

United Press International [Part I](#) [Part II](#)

"Vaknin's a respected expert on malignant narcissists ... He set about to know everything there is about the psychopathic narcissist."

Ian Walker, [ABC Radio National Background Briefing](#), July 18, 2004

What Mental Health Professionals and Authors have to say

"Among many books published on the topic of pathological narcissism, this is by far the best."

It is highly recommended not only for the general public but also for professional therapists."

(Akira Otani, Ed.D., ABPH, University of Maryland)

"Seminal book on narcissism ... distinguished by its many 'insider' insights... depicts this personality disorder in ways that most readers, experientially, can easily relate to."

([Psychology Today](#), written by: Leon F. Seltzer, Ph.D., clinical psychologist and author of "Paradoxical Strategies in Psychotherapy")

"Sam is doing a great work on pathological narcissism. His book "Malignant self love" is our first guideline in handling malignant types of patients in the forensic setting."

(Dr. Sanja Radeljak, MD, PhD, psychiatrist and forensic expert, Neuropsychiatric hospital "Dr. Ivan Barbot" Popovaca, Croatia)

"Sam Vaknin is the number one author in guiding this understanding - technically rich - and serious in details of specific dynamics other authors don't get ..."

This is the one book to support professionals and people coming out of dysregulated families and dysfunctional relations."

(Dr. Claudia Riecken, clinician and neuroscientist, Brazil)

"The book penetrates deeply into the narcissist's mind and is filled with myriad gripping novel insights. It gives the reader a great insight into the fears, desires, defenses, and motives of the narcissist, as well as those in relationship with the narcissist."

(Alison Poulsen, Ph.D.)

"Brilliant, insightful, extremely relevant, not only clinically, but practically, on a day to day basis."

This work can be immediately applied and be of assistance to our society at large."

(Dr. Cyndie Spanier, Ph.D., Deputy Director at Pittsburgh Behavioral Medicine, LLC)

“Sam is a genius his work most inspiring not only to myself but to my colleagues as well.”

*(Joan Jutta Lachkar, Ph.D., Affiliate Member of the New Center for Psychoanalysis and
Author of: How to Talk to a Narcissist; How to Talk to a Borderline;
Narcissistic/Borderline Couples)*

"Sam Vaknin is an expert on this field and presents his work clearly and with ease. I recommend this book most highly as awareness of NPD is crucial in this world today and Sam Vaknin gives his exclusive comprehensive understandings of this topic. This book will help you with human interactions in dealing with families, friends and co-workers. This is a most valuable investment for you in reading and re-reading, to have in your library. This read is worth several therapy sessions I believe and more so in fact."

(Audrey Epstein, M.S. Ed., MPA)

“Clinicians, researchers and narcissistic abuse victims alike have benefited from this one-of-a-kind book about narcissistic personality disorder. As a psychologist who specializes in narcissistic abuse recovery, psychopathy, and narcissistic personality disorder (NPD), I endorse this book as an empowering clinical tool. This resource has helped me to form a clearer diagnostic impression of malignant narcissists who seek my help during episodes of desperation and withdrawal due to narcissistic supply depletion. Armed with a more comprehensive understanding of NPD, I feel calm and in control when ambushed by narcissistic rage during diagnostic interviews and psychotherapy sessions. Vaknin's familiar descriptions of psychological theory and clinical terminology are quite helpful in managing transference and countertransference issues in order to maintain healthy therapeutic boundaries. This book is an invaluable resource to mental health professionals to combat compassion fatigue and psychological abuse when working with cluster b personality pathology. I highly encourage clinicians to both read and reference Malignant Self-love to improve treatment outcomes for victims of narcissistic abuse.”

(Dr. April Jones, Licensed Psychologist in Chicago, Illinois, USA)

"Sam Vaknin's book is THE bible on Narcissism!"

(Mary Jo Fay, author of 'When Your Perfect Partner Goes Perfectly Wrong - Loving or Leaving the Narcissist in Your Life')

"I consider this book to be the compass for Narcissistic Personality Disorder education"
(Jen Emmerich, LMSW, ACSW)

"There is no more important work than this one on the subject ... You may very well discover yourself."

(Heyward Bruce Ewart, III, Ph.D., author of 'Am I Bad')

"Read Malignant Self Love so you will understand that you are NOT crazy, you are just embedded in a crazy making relationship."

(Liane J. Leedom, M.D., author of 'Just Like His Father?')

"Vaknin's depth and breadth are unmatched anywhere else and by anyone else. He knows everything there is to know about narcissistic and psychopathic abusers and how to cope with them effectively."

(Yomtov Barak, family therapist)

"I was stimulated just as I was challenged and enlightened."

(Robert L. Mueller, author of 'Bullying Bosses')

"The only source of such vast, serious, elaborated and thorough first-hand information about Narcissism available. Useful for victims as well as therapists."

(Dr. Nili Raam, author)

'Provides the partners, family and friends of NPD sufferers, and the sufferers themselves, with deep insight into the numerous expressions of this devastating and often insidious disorder.'

(Esther Veltheim, author of 'Beyond Concepts')

"One powerful healing tool in our therapy with these people is Dr. Vaknin's book. The most accurate portrayal of the 'typical' cult leader we have ever seen."

(Robert Pardon, Director of MeadowHaven)

"A must read for psychologists, social workers, and all individuals who want to learn how to deal with the narcissists in their lives."

(Laurie Anthony, teacher and author)

"Required reading for any codependent - to understand how the other side works."

(Dr. Irene, psychologist and Webmistress of drirene.com)

"If you wish to get under the skin of a Narcissist, if you wish to get to know how he thinks and feels and why he behaves as he does, then this is the book for you."

(Dr. Anthony Benis, Mount Sinai Hospital, New York, and author "Towards Self and Sanity - On the Genetic Origins of the Human Character")

"Sam Vaknin is a leading authority on the topic of narcissism."

(Lisa Angelettie M.S.W., former editor of BellaOnline's [Mental Health](#), "[What is Narcissistic Personality Disorder](#)")

"I cannot recommend this book enough to those of you who have this disorder, to families and friends who are trying to understand."

(Patty Pheil, MSW, [Mental Health Today](#))

"(T)his book is a must read and will give you insight into the emotionally destructive people in your workplace, your family and among your friends. Sam Vaknin clears up the questions, confusion, and effects of dealing with narcissists: the book is well written, informative, and therapeutic. "

(Carolyn Reilly, MSW San Jose, Costa Rica)

Other Testimonials

"...This book has an important purpose. I am sure it will be appreciated in a library, classroom or among the mental health profession."

(Katherine Theriault, *Inscriptions Magazine*, Vol. 2, Issue 20)

"I challenge anyone to get this book, pick any page at random and not be impressed by the depth and quality of the unique insight into NPD that is provided there. A truly excellent and thorough piece of work that solidifies Sam's position as the global authority on the subject of Narcissistic Personality Disorder."

(Richard Grannon, [Spartan Life Coach](#))

"Now, for the first time, a much-needed first hand account of what Narcissistic Personality Disorder is like. Offers insight and clarity."

(Howard Brown, [4Therapy](#))

"Sam Vaknin's study of narcissism is truly insightful. The author has done probably more than anyone else to educate others to this poorly understood condition. In this, his twelfth book, he shares his considerable knowledge and experience of narcissism in a comprehensive yet easy to read style."

(The late Tim Field, [Bully Online](#))

Sam has plugged all the loopholes, exposed all the plots, and introduced a new language to confront the Narcissist. A 'hands-on' tool that can immediately bring relief. If you want to breathe again, if you are at your wits end, if everything has been tried and failed, if you NEED a change, then Malignant Self Love can give you your life back. This book is a lifesaver!

(Kathy Stringer, [ToddlerTime](#))

***FIVE STAR rating at Barnes and Noble - Read what more than 200 readers have to say -
Click [HERE!](#)***

How to Use Skype to Interview me:

1. You can simply use Skype to call my landline, or my cell phone (+38978319143).

2. OR:

You can download Skype 4.0 or later and establish a 3-way connection to Sam Vaknin by first calling Sam, then calling/adding in your show's call-in number.

You can place a 3-way call to Sam Vaknin. Your Skype (computer) is able to connect your U.S. land phone with Sam's land phone (Macedonia). It should be done as a Skype 3-way 'conference' call.

For Sam to 'call in' to your radio show, this is what to do:

Call Sam's land phone (using Skype on your computer), then call your show's call-in number. The call then becomes a 3-way 'conference' call. If you put your own Skype microphone on 'mute', you can eliminate all background noise from your end of the 'conference.'

Summary:

Either use Skype to call Sam's landline, or his cell phone (+38978319143).

OR:

Use Skype on your computer, call your own #, then call (add in) Sam's number in Macedonia.

You can also use your land line phone for a 3-way (no Skype). Just add an international long-distance plan to your account and try a 3-way using your own phone.