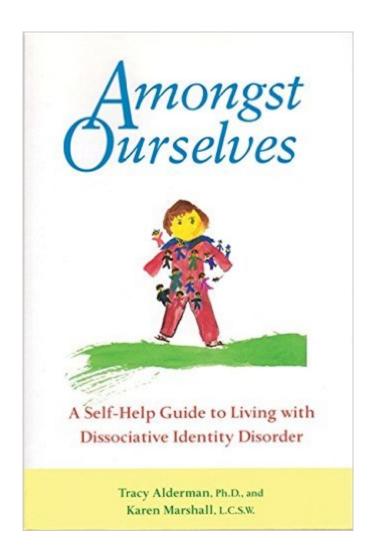
The book was found

Amongst Ourselves: A Self-Help Guide To Living With Dissociative Identity Disorder





Synopsis

Amongst Ourselves is a self-help guide written expressly for individuals with DID/MPDâ "and the first to provide readers with the practical steps they can take to cope with the condition and emerge with greater self-awareness and the skills to live a rich and rewarding life. Authors Tracy Alderman and Karen Marshall explain what DID is and provide a clear account of its underlying causes and symptoms. They describe what itâ ™s like to live with DID and make practical suggestions for coming to terms with the condition, managing the confusion and self-destructive behaviors that often accompany it, and deciding to â œcome outâ • to others.Karen lends a unique and immensely important perspective, in that she is able to speak as both a therapist and as an individual with DID. Through her insights, as well as guided exercises throughout the text, readers learn: New skills and strategies to help them manage living with DID An appreciation for DIDâ ™s positive aspects What to expect from therapy and available treatment options How to become more aware of themselves and the ways in which DID affects their lives

Book Information

Paperback: 240 pages

Publisher: New Harbinger Publications; 1st edition (June 1998)

Language: English

ISBN-10: 1572241225

ISBN-13: 978-1572241220

Product Dimensions: 9.1 x 6 x 0.6 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.1 out of 5 stars Â See all reviews (37 customer reviews)

Best Sellers Rank: #824,220 in Books (See Top 100 in Books) #96 in Books > Health, Fitness &

Dieting > Mental Health > Dissociative Disorders #361 in Books > Health, Fitness & Dieting >

Psychology & Counseling > Mental Illness #689 in Books > Health, Fitness & Dieting > Mental

Health > Mood Disorders

Customer Reviews

I was recently diagnosed with DID after years and years of struggling with my system and believing that I was quite literally insane and needed to be locked away... For years I have been diagnosed as having Major Depression, bipolar disorder, dysthymia (sp?), PTSD, etc... I had a major, disruptive depressive episode five months ago and I'm just now partially recovering. I was fortunate enough to find an intelligent, articulate, and warm therapist that I trusted enough to tell the secret that I've been

holding for 20 years. I told her about The People Who Live Behind My Eyes, Joan, Jessica, Erica with a "c", Michael, Little Kara, Adarin (pronounced a-duh-reen), and Mmemnon. She lent me Amongst Ourselves and suggested that I read it and that we use it in therapy. This book has been a profound and virtually divine gift. Not only is it written well and from the perspective of one who has alters (who speak in the book too), but it has helpful and practical exercises for those who might or have DID. You may find some of the exercises to be childish or cheesy, but give them a try. They really help. I admit I haven't completed every one, but I hope to. Among my favorites are the ones that deal with "losing time" and regaining/connecting consciousness with your alters. Little Kara misplaces things a lot and it makes us frustrated sometimes... But, having this as a resource in addition to a wonderful therapist helps us to have consciousness with one another so that we don't lose things or forget who we are talking to. Common media and conventional thinking have distorted MPD/DID and those who live with it. In addition, there are people, scholars and laypersons alike, who believe the condition doesn't exist.

Download to continue reading...

Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD). Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy Book 1) Dear Little Ones: A book about Dissociative Identity Disorder for young alters Breaking Free: My Life with Dissociative Identity Disorder The Tears Will Cease.: Learning to Live with Dissociative Identity Disorder (The Tears Will Cease Book and Workbook) (Volume 1) Understanding and Treating Dissociative Identity Disorder: A Relational Approach (Relational Perspectives Book Series) Fractured Mind: The Healing of a Person with Dissociative Identity Disorder Dissociative Identity Disorder - The Basics About Multiple Personalities from a Christian Perspective The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder Why, Mommy, Why: Dissociative Identity Disorder Recovery Becoming One: A Story of Triumph Over Dissociative Identity Disorder Assessment and Treatment of Dissociative Identity Disorder Recovery is my best revenge: My experience of trauma, abuse and dissociative identity disorder (Collected Essays Book 1) Recovery is my best revenge: My experience of trauma, abuse and dissociative identity disorder (Collected Essays Book 2) Dissociative Identity Disorder: Diagnosis, Clinical Features, and Treatment of Multiple Personality (Wiley Series in General and Clinical Psychiatry) Self-Discipline: Achieve Unbreakable Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!: Self control, ... Self-Confidence, Self-esteem, Organizing)

Dmca