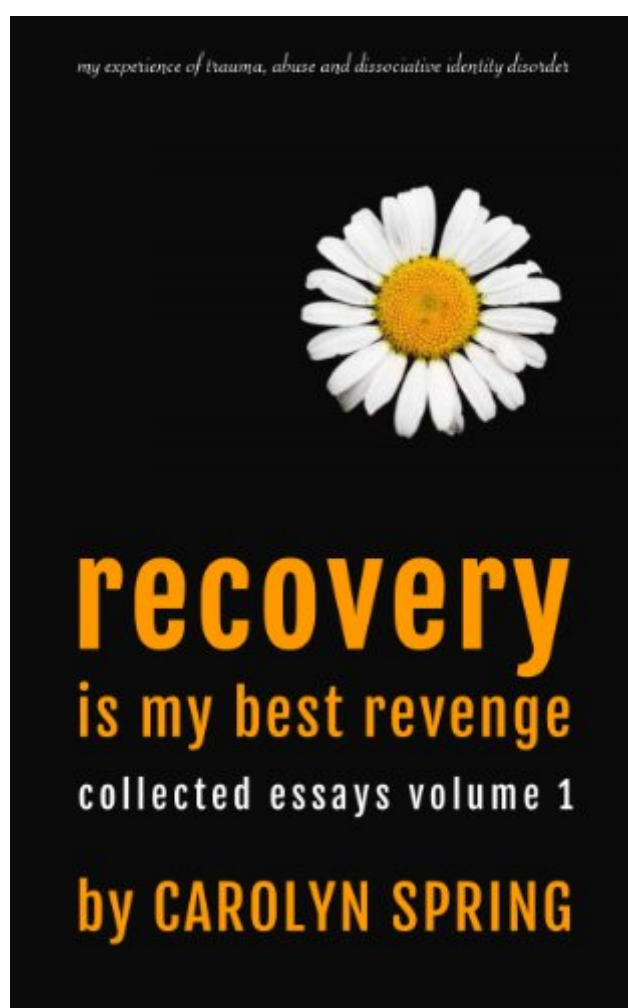


The book was found

Recovery Is My Best Revenge: My Experience Of Trauma, Abuse And Dissociative Identity Disorder (Collected Essays Book 1)



Synopsis

About this book What is it like to live with dissociative identity disorder? In this first volume of her collected essays, Carolyn Spring writes candidly from a number of perspectives about her experiences of living with trauma-related dissociation. 'Memories of Mummy' is an evocative piece told mainly through the eyes of a child; 'Rediscovering Eden' is raw and disturbing; 'Dissociative Moments' is a profound insight into the experience of dissociation. This volume covers topics such as shame, child sexual abuse, and the complex meanings of 'madness', but finishes with a determined vision of recovery and the journey towards it. A second volume will be published in February 2016 along with a combined paperback edition.

Contents

Introduction - Recovery from what?

Chapter 1 - Memories of mummy

Chapter 2 - Not mad, not bad - just traumatised

Chapter 3 - Ten reasons I didn't tell

Chapter 4 - I hate me: the logic of self-hate

Chapter 5 - You think I'm crazy?! Think again! My dissociative thought life

Chapter 6 - Ten things I have learned about child sexual abuse

Chapter 7 - Dissociative moments

Chapter 8 - Shame

Chapter 9 - Rediscovering Eden

Chapter 10 - Ten steps towards recovery

About the author Carolyn Spring is a writer and publisher as well as being Director of PODS (Positive Outcomes for Dissociative Survivors) and its charity framework START (Survivors Trauma and Abuse Recovery Trust). PODS works to make recovery from dissociative disorders a reality through training, informing and supporting, and Carolyn delivers all the PODS training as well as editing the magazine/journal Multiple Parts which is produced three times a year. She developed dissociative identity disorder (DID) as a result of prolonged and extreme childhood abuse but believes passionately in recovery and the dignity and respect that is due to all human beings. For more information, please go to: www.carolynspring.co.uk, www.pods-online.org.uk and www.start-online.org.uk.

Book Information

File Size: 1691 KB

Print Length: 66 pages

Publisher: Carolyn Spring Publishing (May 2, 2014)

Publication Date: May 2, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00K3A6RC2

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #99,222 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #2 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Pathologies > Dissociative Identity #11 in Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders #88 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Mental Health > Mental Illness

Customer Reviews

I did not believe a book could give me a sense of hope. Not only did it do that! It also provided a path to forgiveness and reclaiming my self-worth! What a wonderful gift on my way to healing! Thank you!! An amazing book!!

I think there is definite value in this book, but it feels like it could be written better. The flow from chapter to chapter seemed a little off, and it made me wonder if different parts were writing different chapters. As someone with DID, I totally appreciate this author sharing her journey and learning what worked for her. I just think the flow could be more logical and some of the chapters written a little better.

I'm a survivor of SRA, child-porn & Monarch programming. This book hit the nail on the head. I can relate to a lot of it. Cathy O'Brien's book Transformation of America has her husband state too that full recovery is the best revenge. Thank you for writing this. I plan to write a book too in the coming years.

Excellent book gave me a clearer understanding of dissociation. Well written from a client perspective suitable for clients and counsellors.

This small book is powerful beyond measure in telling the world what severe abuse is like, and how it happened in the first place. Required reading for both the abused and those who work to help heal them. Bravo for your courage, honesty, clarity and concise, accessible presentation, Carolyn. Thank you. - Jondi Whitis, EFT Master Trainer

Thoughtful. Well written. Emotionally grabs you from first page, taking you on a ride through one survivor's hell and back out again.

[Download to continue reading...](#)

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) 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) Why, Mommy, Why: Dissociative Identity Disorder 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 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) Dear Little Ones: A book about Dissociative Identity Disorder for young alters Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy Book 1) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) Dissociative Identity Disorder: Diagnosis, Clinical Features, and Treatment of Multiple Personality (Wiley Series in General and Clinical Psychiatry) Assessment and Treatment of Dissociative Identity Disorder Breaking Free: My Life with Dissociative Identity Disorder 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 Becoming One: A Story of Triumph Over Dissociative Identity Disorder Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder Revenge Romance: The Journey's Crossroad (Book Two) + Bonus Book (Historical Christian Suspense) (Historical Christian Suspense Revenge Romance: The Journey's Crossroad (Book 2) + Bonus Book!)

[Dmca](#)