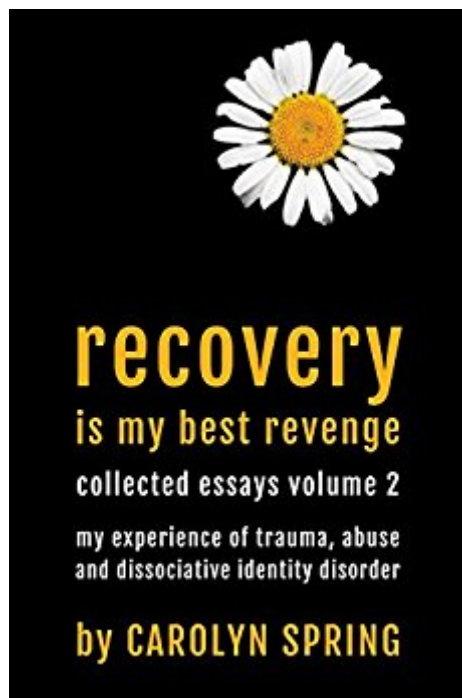


The book was found

# Recovery Is My Best Revenge: My Experience Of Trauma, Abuse And Dissociative Identity Disorder (Collected Essays Book 2)



## Synopsis

What is it like to live with dissociative identity disorder? Is it possible to recover? In this second volume of her collected essays, Carolyn writes candidly about her childhood as well as her recovery in adulthood from chronic trauma. It is a series of standalone chapters or essays which build on one another to provide not only a unique insight into trauma, attachment and dissociation, but also the long and arduous - but ultimately fulfilling - recovery journey.

**ABOUT THE AUTHOR** Carolyn Spring is an author 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 of 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.

## Book Information

File Size: 2272 KB

Print Length: 59 pages

Publisher: Carolyn Spring Publishing (February 19, 2016)

Publication Date: February 19, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01BLR3WF0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #481,195 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Pathologies > Dissociative Identity #88 in Books > Health, Fitness & Dieting > Mental Health >

Dissociative Disorders #696 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](#)