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Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder

Tracy Alderman, Karen Marshall

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Amongst Ourselves is a self-help guide written expressly for individuals with DID/MPD—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 it'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 "come out" 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 DID'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

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Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder can be one of your beginning books that are good idea. Most of us recommend that straight away because this publication has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but delivering the information. The article author giving his/her effort to place every word into enjoyment arrangement in writing Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder however doesn't forget the main point, giving the reader the hottest along with based confirm resource facts that maybe you can be certainly one of it. This great information could drawn you into brand-new stage of crucial considering.

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