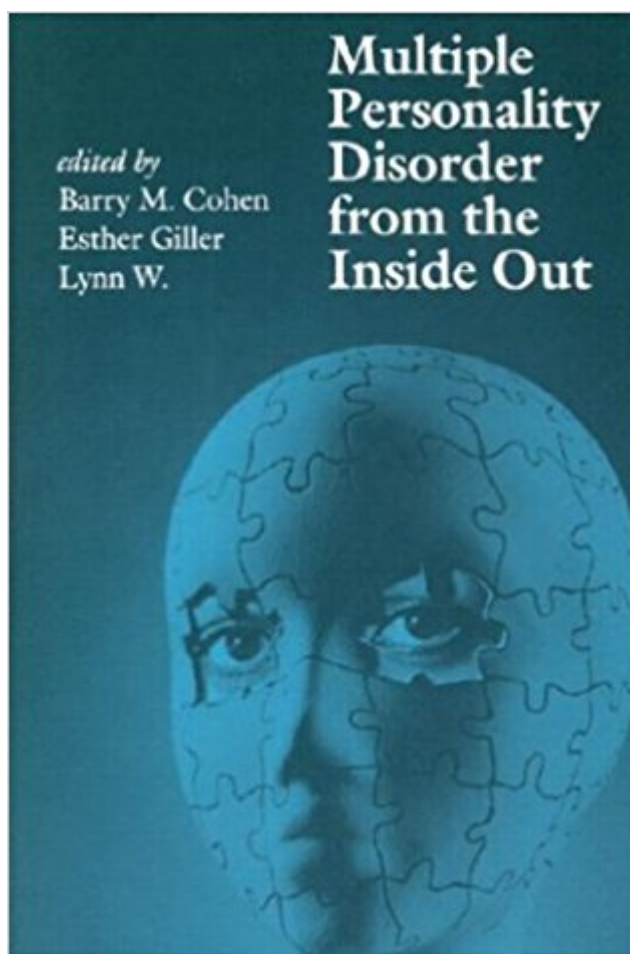


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Multiple Personality Disorder From The Inside Out



Synopsis

In this unique book, persons with Dissociative Disorders and their significant others address the complex issues of diagnosis, therapy, and maintaining personal relationships. "Viewed from the inside out," Dissociative Identity Disorder takes on an impassioned voice as those who struggle with dissociation share their experiences, obstacles, and triumphs. Contributions by 146 individuals diagnosed with Dissociative Identity Disorder and the people with whom they share their lives have been gathered into an accessible and practical volume for therapists, clients, and lay readers interested in how to better be supportive of individuals who suffer with dissociative diagnoses. Many will find that the book validates their own experiences and feelings, as it explores the post-diagnosis journey. Published by The Sidran Foundation with the Eastern Regional Conference on Abuse and Multiple Personality and the newsletter Many Voices, Multiple Personality Disorder from the Inside Out has been compiled and edited by a therapist, a client, and a family member. In addition to the first-person writings described above, the volume contains an introductory chapter describing MPD and dissociation, a glossary of terms, a list of resources, and an index. Winner of the prestigious 1991 Distinguished Achievement Award given by the International Society for the Study of Multiple Personality and Dissociation.

Book Information

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Customer Reviews

This book is published by the Sidran Foundation, a national nonprofit organization devoted to advocacy, education, and research in support of people with traumatic stress conditions. To learn

more about the Sidran Foundation and our work, please visit our website at <http://www.sidran.org>.

"If I had to offer one book to teach people what it's really like to live with multiplicity, I would choose this one." --Meg Nugent, *Moving Forward*"A must for anyone whose life has been touched by this complex disorder." --Frank W. Putnam, M.D., Chief Unit on Dissociative Disorders, National Institute of Mental Health"Multiple Personality Disorder from the Inside Out speaks about multiplicity in a way that makes sense: free of the jargon and esoterica that distances. Full of the power and courage of real people's lives, this book is wonderful, very human, and truly useful." --Ellen Bass, co-author of *The Courage to Heal*

This book was full of personal accounts, and it really saddened me more than anything. Everyone with this disorder (everyone who contributed to this book) was struggling so very much, and they made it sound like it was going to take them the rest of their lives to come to grips with this disorder, if ever. I didn't get a very positive feeling from this book, and skimmed through the last half, looking for something more. Truthfully, I am getting more insights into my husband's disorder, and have learned a lot even about myself through a different book called *THE DISSOCIATIVE IDENTITY DISORDER SOURCEBOOK* by Deborah Haddock. Lots of specific reasons for the disorder, examples, and treatments to try. More hope for me, and between that book and God Himself, my life has taken a 180 where relating to my husband is concerned.

Deep, rich, beautifully written first-hand accounts of life experiences of almost unbelievable complexity and pathos. Just pick it up and skim through until you find something that captures your attention. Then you will be with someone who has lived through things you never dreamed of. The courage of these writers is amazing.

This book is an extremely excellent read. Every person with multiple personality disorder and anyone who cares about and loves them needs to read this book. For the multiple this is a must read, I /we personally identified with most of the things the other multiples experiences were listed, it was alot of aha moments. Like wow I have experience this and identify with it. It made me feel not so alone or weird. For loved ones and friends this book should shed alot of light on how their multiple feels and what they go through regularly, it should give them a much better understanding. This book is written by multiples and edited by the professionals. It is a definate must read for everyone. I loved the book, better than any other I have read so far.

Awesome

This is a great book from the people who suffer with this disorder. Its full of their stories from their point of view of dealing with this issue.

If your friend or loved one has MPD or DID, this book helps to understand them from the inside. It helped me understand better, the hell that my loved one is going through. It also gave me hope. If you are studing psychology this book will enhance your understanding.

I don't have MPD. Even though I don't have MPD I still think this book is great. This book gives a better understanding of the disorder and how those who have it cope and survive...I recommend this book to anyone who is interested in psychology and this disorder.

This book was incredible. I wish I had read it when I was first diagnosed with the disorder, but I was well on my way into integration by the time I found it. Even still, it was helpful because I was able to see that others were feeling the same exact things I had felt and was still feeling. It validated my thoughts and feelings about every aspect of the disorder. I highly recommend this book to anyone who has been diagnosed with MPD, their therapists, their significant others and anyone else who knows someone with MPD and wants to understand what is happening to them.

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