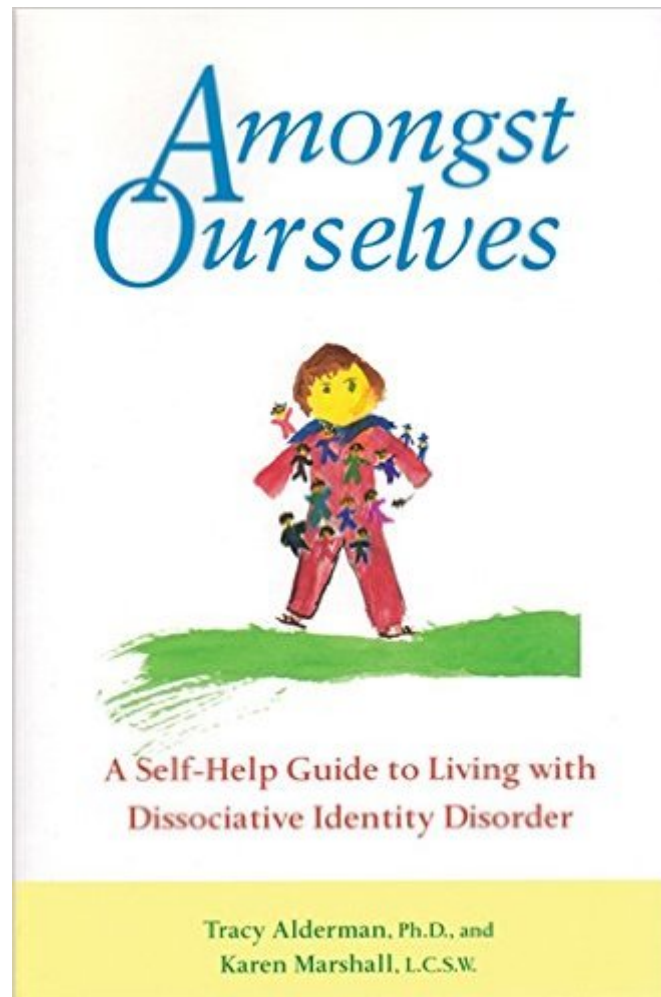


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# Amongst Ourselves: A Self-Help Guide To Living With Dissociative Identity Disorder



## Synopsis

Amongst Ourselves is a self-help guide written expressly for individuals with DID/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

## 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 [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.

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