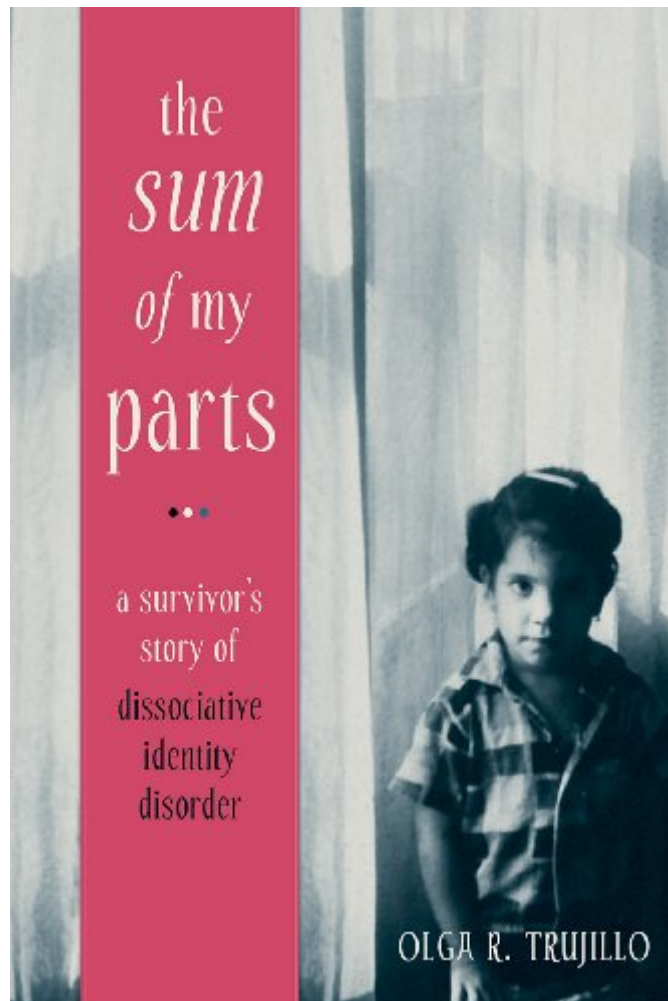


The book was found

The Sum Of My Parts: A Survivor's Story Of Dissociative Identity Disorder



Synopsis

By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next ten years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts." Dissociative identity disorder (DID) had begun to take hold, protecting Olga's mind from the tragic realities of her childhood. In *The Sum of My Parts*, Olga reveals her life story for the first time, chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID. Formerly known as multiple personality disorder, DID is defined by the presence of two or more identities. In this riveting story, Olga struggles to unearth memories from her childhood, and parallel identities "Olga at five years old, Olga at thirteen" come forth and demand to be healed. This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

Book Information

File Size: 623 KB

Print Length: 258 pages

Publisher: New Harbinger Publications; Original edition (October 1, 2011)

Publication Date: October 1, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B005LQ6UV6

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #376,554 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #22

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

Pathologies > Dissociative Identity #73 in Books > Health, Fitness & Dieting > Mental Health >

Dissociative Disorders #1205 in Books > Health, Fitness & Dieting > Psychology & Counseling >

Pathologies

Customer Reviews

Ms. Trujillo has truly written a tour de force in her ground breaking book *The Sum of My Parts*. She

gives us an unflinching account of the childhood abuse she experienced at the hands of her parents and siblings. Her story is compelling. She tells it in a raw and honest manner, yet without gratuitous or sensational detail. Just as important is the story of her hard fought recovery. This is an informative and inspirational book, especially for those abused as children or who work with this population. This quintessential book is a must read for survivors, loved ones of survivors, those who work with survivors or anyone seeking to increase their understanding of this phenomena.

For personal reasons, I started reading this book at Chapter 8. It is truly captivating regardless of your start point. When I was ready, I read the book cover to cover without stopping... and then I read it again. While reading "The Sum of My Parts", Olga Trujillo--at the tender age of three-- immediately became my hero. She endured horrific abuse at the hands of people that should have been trusted family members. This is an amazingly incredible, haunting read and one that I will surely never forget. Her memoir takes the reader from the depths of an emotional pit, one that you think she couldn't possibly survive, and she ends her book with an uplifting and final message of hope. From a healing standpoint, reading this book is quite possibly the best decision I have made. Olga's book details her life of abuse at the hands of her father, brothers and outside perpetrators and chronicles the events to present time. She endured a life of abuse, panic, agoraphobia and consequently DID. Olga has gone on to become an accomplished attorney, advocate and author. I had the absolute pleasure of meeting Olga recently and I can say that I am truly amazed and humbled at the person she has become as a result of abuse of this magnitude. Please, if you are an advocate for childhood abuse, a teacher, a parent or a survivor...this book is a must read. Thank you, Olga, for shedding light on this subject and educating us on DID. You are my hero.

I met Olga when she came to our city as a presenter at one of our domestic violence seminars. I knew she was an amazing woman from attending some of her sessions, but I have been waiting for her book to be published to learn more. I could not put this book down. Olga's account of her childhood abuse is heartwrenching...it is very hard to think about the things that happened to her as an innocent little child. There is no wonder she had to dissociate herself from the horrific abuse in order to survive. The miracle is that Olga survived with only the support and love she was blessed with by people outside her family. I work with survivors of violent crimes, as an advocate, on a daily basis and I thought I knew how important it is to empower the survivors. Olga's book really illustrates how empowering every kind word and encouragement is to a person who lives in an abusive home. Thank you, Olga, for baring your soul to the world in order to encourage other

survivors and educate those of us who work in this field. I hope Olga writes another book to answer the questions I still have about her recovery process.

I bought this book for my Kindle to get more understanding and information about my diagnosis of D.I.D. I searched everywhere for a personal story that I could relate to. The beginning of the book - as the author points out, graciously - can be extremely triggering for sensitive readers but she intuitively points out where to move forward to, to skip the tough spots. She definitely knows her stuff. I read this full book in about 6 1/2 hours. As my review title says, I couldn't put it down. She expertly describes how the various 'parts' of her personality were formed and played out later in her life. I was so grateful to have such an informative and riveting read about my diagnosis and anticipated journey. Thank you!

It's been a while since I read a non-fiction book, and when I saw this one I was excited by the synopsis. I read another book on DID (Dissociative Identity Disorder) about 10 years ago and found it to be incredibly moving and inspirational, so I was really looking forward to reading this one. The Sum of My Parts is broken up into two halves - Olga's retelling of childhood and pubescent trauma and abuse which cause her DID, and her treatment and life after her initial diagnosis. Told in a straight-forward, slightly detached manner, The Sum of My Parts is an emotional, intriguing and haunting read. Olga's openness about the horrendous abuse she suffered as a child is admirable, and she has done her best to reach a medium of revealing enough of her story to make an impact on the reader, whilst respecting the feelings and potential reactions of other DID sufferers. The psychology and treatment of her condition make for fascinating, gut-wrenching reading, from spiraling into agoraphobia, her struggle to keep her career and to save her marriage. As Olga relives the memories that she has compartmentalized in order to keep herself from falling apart, she also discovers a side of herself that she never even knew existed. I really enjoyed this book - it was very emotional and quite disturbing in parts, but it was also uplifting and inspirational. If you have an interest in psychology, or in real people overcoming huge adversity and using it to their advantage, this book is for you.

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

The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder Easy Dim Sum Cookbook (Dim Sum Cookbook, Dim Sum Recipes, Chinese Dim Sum, Chinese Dumplings 1) 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 Got Parts? An Insider's Guide to

Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy Book 1)
Becoming One: A Story of Triumph Over Dissociative Identity Disorder
Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And 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 Sum & Substance Audio on Securities Regulation with Summary Supplement (CD) (Sum and Substance Audio) Dear Little Ones: A book about Dissociative Identity Disorder for young alters
Breaking Free: My Life with Dissociative Identity Disorder 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)
Fractured Mind: The Healing of a Person with Dissociative Identity Disorder
Dissociative Identity Disorder - The Basics About Multiple Personalities from a Christian Perspective
Why, Mommy, Why: Dissociative Identity Disorder Recovery Assessment and Treatment of Dissociative Identity Disorder
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)
Dissociative Identity Disorder: Diagnosis, Clinical Features, and Treatment of Multiple Personality (Wiley Series in General and Clinical Psychiatry)
Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder

[Dmca](#)