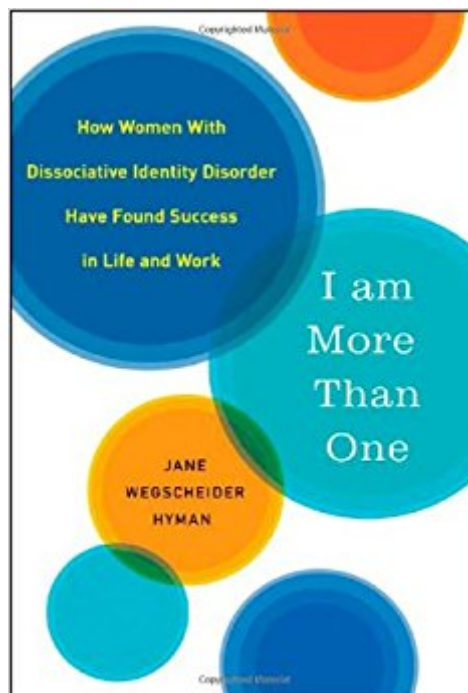




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I Am More Than One: How Women With Dissociative Identity Disorder Have Found Success In Life And Work



Synopsis

"Thorough and accurate. Jane Hyman vividly portrays the internal world of DID and understands the logic and function of dissociated parts of the mind. This is the most detailed exploration I have read of the different types of parts, their origins and functions." --Colin A. Ross, M.D. Past President, The International Society for the Study of Dissociation and author of Dissociative Identity Disorder Be inspired by these women who have survived--and even thrived--with dissociative identity disorder People with dissociative identity disorder (formerly called multiple personality disorder) are widely thought to be highly dysfunctional. This fascinating book debunks this myth. I Am More Than One gives you an inside look at women who have achieved success while living with the condition. Their uplifting stories shed light on a misunderstood but manageable condition and point the way toward an active, functional, and fulfilling life.

Book Information

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Customer Reviews

"I've lived this way and managed for all of my life. And I don't view it as dysfunctional, actually. I like the way that I am, and it works." --Lucy, 44, a social worker You can lead a fulfilled and productive life, even with the challenges of dissociative identity disorder. The women in I Am More than One are living proof that you can find new sources of strength through family and friends, build a rewarding, successful career, and still hold on to your own unique identity. Their stories are messages of hope and encouragement drawn from their real-life experiences as working women who have struggled, endured, and, ultimately, prevailed. You'll meet Samantha, a lawyer

who learned that one part of her mind helped her earn her degree and launch her own business while other parts had no idea what was happening . . . Reba, a registered nurse with multiple personalities who negotiates with all of them to perform different everyday tasks more smoothly . . . Caroline, a busy grandmother and accountant who enjoys having part of her mind exclusively for work . . . and seven other strong, unforgettable women who are trying to live their lives to the fullest.

Jane Wegscheider Hyman, Ph.D., is a researcher and writer on women's health and a member of the New England Society for the Treatment of Trauma and Dissociation. She is the author of several books and a contributor to the bestsellers *The New Our Bodies, Ourselves* and *Ourselves, Growing Older*.

Books on DID seem to fall into several categories. "My Particularly Strange Life with DID" is one sort, and "One Therapist's Harrowing and Slightly Creepy Experience with a DID Client" is another. Both these sorts of books, while educational, tend to stress the more sensationalistic aspects of DID. If this is the sort of book you are looking for, this is likely **not** the book for you. Instead our author investigates the concept that people with DID can indeed lead functional lives in the world and in the professional workplace, and shows us how, often with the invaluable assistance of their alters, they go about doing so. As a result of this mission, she mindfully foregoes the gory details of the childhood abuse that other books often stress, and instead concentrates on how, with the help of their inner selves, her professionally successful interviewees manage to make their way through the world in the here and now. One thing worth noting : The folks in this book have all had extensive therapy and as a result have come a long long way down the path toward resolving the issues that brought about their DID in the first place. As a result, it would not be fair to say that this book presents an accurate overview of the situation that all people with DID find themselves in. Many people have not come as far as those in this book, and are still in the midst of their struggles. However, through illustrating how such people can indeed live healthy professional lives through developing a cooperative ability to live in harmony with their inner families, this book places itself squarely in the middle of a developing "New Wave" of thinking on the subject of multiple personalities. A new mode of thinking that is beginning to frame alter personalities in a considerably more positive light than in the past, and as worthy personal resources that, given the choice, many people with DID would not choose to do without.

Wonderful book, unlike any other on subject that I have read. Covers high functioning, successful

DID women with great candor, including pitfalls + adaptations in professional life. A must-read book for dissociative people who function ok around their condition, as well as for professionals and support people. One of only books discussing high-functioning presentations of this disorder, therefore really important book!

This groundbreaking book is the best and most helpful book I've ever read. For women with DID who are high functioning and thought they were the only ones, this book is a godsend. It puts all of the current research together with heartwarming stories, to show that people with multiple personalities can function whether or not the parts choose to integrate. I just logged on to buy two more copies, but discovered that today that, instead of paying \$18.95 for another new book, I would have to pay at least \$27.49 for a used copy, or \$128.18 for a new copy. PLEASE, to you nice people at McGraw Hill Publishing, PLEASE reprint I am More Than One, by Jane Wegscheider Hyman, ASAP! Our therapists need to read this so that they can understand us! Our semi-suicidal friends with DID need to read this to know that there is hope, and that they are not alone! This book can and will save lives!

During the many years of my therapeutic relationship with my psychiatrist, Dr. Baer, I never read any books on MPD/DID. I tried to, but couldn't. I was afraid and felt too overwhelmed with anxiety. At the time, I decided reading about my disorder wasn't in "my/our" best interest. Then, after my story came out this past October 2007, in the book "Switching Time" by my psychiatrist, author, Richard Baer, I became interested in learning more. This year, for the first time, I read three books regarding MPD/DID. However, not one of the three books read left me with any kind of understanding. I still felt alone and wishing to learn more. When I noticed "I Am More Than One" was partnered with "Switching Time" I ordered it just to read, hoping it would help me understand more. I am so glad I did! I found your book to be right on target with some of my own personal experiences. I wish I could've read this book many years ago, while in therapy. Maybe, I wouldn't have felt like the only woman who had such experiences with "alter help and alter chaos". I would've liked to have met the woman who were brave enough to share their stories in this book. I thank them. There were some days in which I wondered if anyone else had similar experiences to mine. During my therapeutic years, I wish I would've known someone, just one other person, who could've understood me, explain what was happening to me and identify with me... other than Dr. Baer. I chose to integrate all of my seventeen "alter parts" and don't regret doing so. For me, this was best. I am doing well; as one "whole" woman with a variety of interests. After reading the stories of the

seven woman in your book I came to a better understanding of myself. Thank you for writing this book about what happens to someone with MPD/DID. "I Am More Than One" is well worth reading. I believe this book will continue to help others in understanding MPD/DID. I wish you all the best. Karen Overhill of "Switching Time"

This is a fine book; very reassuring to people recovering from realizing they are DID. I have two copies on the shelf in my client lending library.

On the side of the \$76.00 cost of this WAY OVER-PRICED BOOK, the first hand accounts and examples are the most helpful. Each woman's life is uniquely portrayed. I found this book helpful.

i feel that this book is very informative for people and councillors, who are struggling with D.I.D. its an inspiration, clearly written and easy to understand, especially as the subject is complicated and for all of us who have D.I.D. its helpful to know we are not alone and that people are begining to understand D.I.D. and reconize it.

Wonderful book for a reference for my classes. Provides some good ideas on how to work with individuals that have this disorder. Would recommend to others.

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Disorder Sourcebook (Sourcebooks) by Deborah Bray Haddock (2001-09-01) Treating Dissociative Identity Disorder: The Power of the Collective Heart Dear Little Ones: A book about Dissociative Identity Disorder for young alters Dissociative Identity Disorder In A Nutshell: A First-Hand Account The Social Success Workbook for Teens: Skill-Building Activities for Teens with Nonverbal Learning Disorder, Asperger's Disorder, and Other Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder.

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