

Amongst Ourselves A Selfhelp Guide To Living With

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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.

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I read Amongst Ourselves as a therapist and partner of someone with DID (Dissociative Identity Disorder). This book presents a very different approach to a little known psychiatric disorder. In contrast to theoretical books, Amongst Ourselves is gentle and positive without minimising the pain survivors suffer.

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Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder by Tracy Alderman 117 ratings, 4.08 average rating, 8 reviews Amongst Ourselves Quotes Showing 1-6 of 6 "I spent many years trying to make up reasons about why I had the Page 6/11.

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