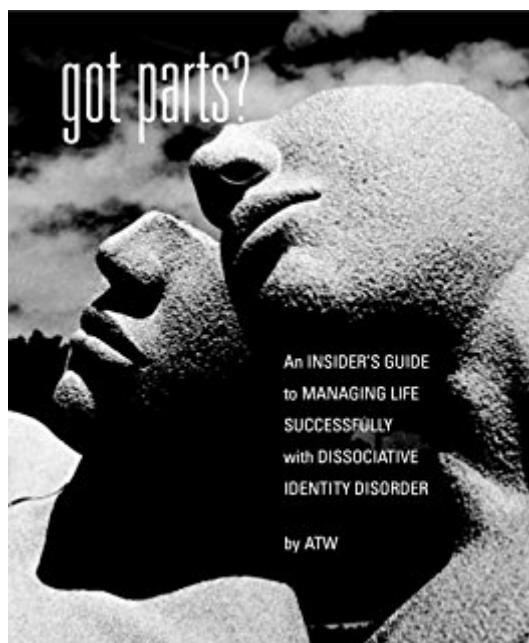


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# Got Parts? An Insider's Guide To Managing Life Successfully With Dissociative Identity Disorder (New Horizons In Therapy Book 1)



## **Synopsis**

Got Parts? was written by a survivor of DID in association with her therapist and therapy group. This book is filled with successful coping techniques and strategies to enhance the day-to-day functioning of adult survivors of DID in relationships, work, parenting, self-confidence, and self-care. Got Parts will help you introduce yourself to your internal family and improve its communication, integration, and well-being. Although written to carefully avoid triggering, it delivers well-grounded guidelines for living that DID people need to do on the way to recovery. Coping strategies included help you with issues related to triggers, flashbacks, and body memories. Got Parts also includes a detailed list of outside resources you can draw on. This book is intended to be used in conjunction with a therapist and is not a substitute for therapy.

Once thought of as a rare and mysterious psychiatric curiosity, Dissociative Identity Disorder (DID) is now understood to be a fairly common outcome of severe trauma in young children—most typically extreme and repeated physical, sexual, and/or emotional abuse, and often lack of attachment. Formerly called Multiple Personality Disorder, DID is a condition in which a person has two or more distinct identities or personality states that recurrently take control of the person's consciousness and behavior. Symptoms can include depression, mood swings, panic or anxiety attacks, substance abuse, memory loss, propensity for trances, sleep and eating disorders, distrust, detachment, lack of self-care, and distress or impairment at work.

## **Book Information**

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## **Customer Reviews**

Don't let the size fool you. If you have been diagnosed with DID, then this little book of 109 pages is what you need. It doesn't go into the hows and whys of DID, the DID Source Book is great for that. What "Got Parts?" gives you is a day to day manual for getting through life with DID. I carry it in my backpack where ever I go. There are times that DID just gets me down, so I pick up the book, thumb easily to the section I want, take a minute to read about what I need to do, then I remember and do it. Another great thing about this book is that it is written by someone who has DID, who lives and fights in the trenches of DID. This brings authenticity to the book. It also has an index and is easy to locate the subject you are looking for. The writing style of the author is very easy going and she doesn't ever break into stories of her past. There is a page, however in the very back entitled, "About the Author" who remains unidentified. Even then she never talks about the details of her abuse. It's just plain good advice from someone who knows. I have several DID books, but this one is my favorite when I just need to get through the day. When I have moments of feeling crazy, I open the book. When I feel overwhelmed with emotion, I open this book. It helps me to clear my thinking and gives me immediate direction. In short, I really love this book.

As with every self help book out there I say if you're interested in the subject matter, read it and then take what works and apply it to your life (if it of help) and leave the rest behind. I understood and agreed with a good part of this book but mid-way through some things didn't sit well with my thinking and thinks I know to be true. Made it difficult to get through the rest of the book so I decided to just stop reading at that point and agree with what I found to be true and forget the rest. There are a lot of mixed reviews on this book, if you choose to read it, I caution you to use YOUR knowledge, research things you are unsure of and dismiss what you may find does not sound true or correct.

Somewhat out dated language. Still a helpful resource.

This is about the sixth book I read about Dissociative Identity Disorder (DID), but it is one I wish I

read earlier. It is NOT the book I wish I would have read first. This book is NOT about what DID is. If you don't know if you have DID or what DID means, go somewhere else. What this book is, is exercises that you can do to help cope with DID. In short, if you are looking for a self-help book about DID, this is it. It is very easy to read and has a lot of exercises that I have not heard of anywhere else before.

## Interesting

"Got Parts? An Insider's Guide to Managing Life Successfully With Dissociative Identity Disorder" (whew!) is the best book I have yet read on D.I.D., a disorder that is still not really in the consciousness of the wider public. This is an authentic, useful, and ultimately hopeful book from the point of view of a middle-aged woman with multiple personalities. ATW's (the author's initials) advice covers: the symptoms of D.I.D.; learning to know your alters, both old and young; making a safe space for the alters when they are not "on

This is a book that helps in terms for both DID people and therapists who need somewhere to turn and start the healing process. It's amazing how therapists without understanding of dissociation and the effects of trauma affect us, it changes their opinion and they start to realise that this is a major part of our very day living and thanks to this book together we are working through the beginning of my healing process. Amazing book, would recommend it to all mental health workers, especially those that do not believe in DID. A true eye opener!

In contrast to many books on Multiple Personality, this charming book is directed almost exclusively at those who already know they have DID and who are now trying to learn ways to best deal with everyday challenging situations. In a sense, it is like a "Driver's Manual" for Multiple Personality itself. It does make some assumptions though. It assumes that the reader has progressed to the point where they accept their DID, and have the ability to contact their alters. And that their alters generally are in contact with each other, and feel safe hearing from their "host". In fact, much of the book seems to be addressed as much to a person's alters as it is addressed to the host. One of the more valuable sections revolves around the frequent dilemma of....how to deal with doctors visits that may involve touching and other intrusive procedures. The strategies are VERY useful, and are sure to be a help to those who still find themselves uncomfortable and essentially playing it by ear in such situations. All in all, a book with much practical value for those who are becoming more

in touch with their condition, and looking for ways to manage difficult situations.

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