



Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy)

A.T.W.

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Finally a book for survivors written by a survivor!

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.

Acclaim for *Got Parts* from Therapists and Survivors

"*Got Parts?* is a very well conceived and useful tool, particularly for those treating DID from a more functional perspective." -- Peter A. Maves, Ph.D., ISSD Fellow

"Got Parts is great tool for working therapeutically with ones internal family." -- Patricia Sherman, LCSW

"I particularly liked the chapter which emphasises the importance of taking care of body, mind and spirit holistically." -- Kathryn Livingston, Chairperson, First Person Plural (UK)

"I strongly recommend this book as a easily read, straightforward and insightful recovery tool for my clients with DID." -- Ian Landry, MA MSW RSW, Nova Scotia, Canada

"I will require got parts for new clients, refer it to other therapists and have even recommended it for others." -- Karen Hutchins, MA LPC

ATW's approach reflects that of Truddi Chase, a DID victim who prefers her alters live in a harmonious community. -- Metapsychology Online Review, Dec. 22, 2005

For more information please visit **www.GotParts.org**

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From reader reviews:

Edward Capps:

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Theresa Diaz:

Hey guys, do you would like to finds a new book to read? May be the book with the subject Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy) suitable to you? Typically the book was written by popular writer in this era. The book untitled Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy)is the main of several books which everyone read now. This book was inspired many men and women in the world. When you read this book you will enter the new dimension that you ever know previous to. The author explained their plan in the simple way, so all of people can easily to comprehend the core of this publication. This book will give you a large amount of information about this world now. So you can see the represented of the world in this book.

Gordon Rollins:

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Philip Newman:

This Got Parts? An Insider's Guide to Managing Life Successfully with Dissociative Identity Disorder (New Horizons in Therapy) is great reserve for you because the content which is full of information for you who else always deal with world and get to make decision every minute. That book reveal it facts accurately using

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