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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.

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It f6 Amongst Ourselves is a journey that people with DID can undergo in order to heal. Loved ones of people with DID, if they choose to be involved in the journey, will also grow and develop a greater understanding of the person with DID. One thing that is important to remember is that DID is about survival.

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Amongst Ourselves / *NewHarbinger.com*

Amongst Ourselves: A Self-Help Guide to Living With Dissociative Identity Disorder. November 1998, New Harbinger Publications. Paperback in English - 1st edition. aaaa.

Amongst Ourselves (November 1998 edition) / Open Library

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Amongst Ourselves: A Self-Help Guide to Living with Dissociative Identity Disorder by Tracy Alderman 123 ratings, 4.09 average rating, 9 reviews Amongst Ourselves Quotes Showing 1-6 of 6 "I spent many years trying to make up reasons about why I had the flashbacks, memories, continuous nightmares.

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Amongst Ourselves by Alderman, Tracy (ebook)

Amongst ourselves : a self-help guide to living with dissociative identity disorder. by. Alderman, Tracy; Marshall, Karen, L.C.S.W. Publication date. 1998. Topics. Multiple personality, Multiple Personality Disorder, Multiple personality, Multiple personality, Multiple personality. Publisher.

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She has decades of experience in the treatment of self-injury, trauma, substance abuse, anxiety, ADHD, depression, and crisis management. Dr. Alderman is a leading expert in the field of self-injury. She is the author of *The Scarred Soul: Understanding and Ending Self-Inflicted Violence* , and co-author of *Amongst Ourselves: A Self-Help Guide ...*

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