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Suffer the Child

The prize-winning author of *Fire Season* returns with the heartrending story of his troubled years before finding solace in the wilderness. In his debut *Fire Season*, Philip Connors recounted with lyricism, wisdom, and grace his decade as a fire lookout high above remote New Mexico. Now he tells the story of

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what made solitude on the mountain so attractive: the years he spent reeling in the wake of a family tragedy. At the age of twenty-three, Connors was a young man on the make. He'd left behind the Minnesota pig farm on which he'd grown up and the brother with whom he'd never been especially close. He had a magazine job lined up in New York City and a future unfolding exactly as he'd hoped. Then one phone call out of the blue changed everything. *All the Wrong Places* is a searingly honest account of the aftermath of his brother's shocking death, exploring both the pathos and the unlikely humor of a life unmoored by loss. Beginning with the otherworldly beauty of a hot-air-balloon ride over the skies of Albuquerque and ending in the wilderness of the American borderlands, this is the story of a man paying tribute to the dead by unconsciously willing himself into all the wrong places, whether at the copy desk of the *Wall Street Journal*, the gritty streets of Bed-Stuy in the 1990s, or the smoking rubble of the World Trade Center. With ruthless clarity and a keen sense of the absurd, Connors slowly unmask the truth about his brother and himself, to devastating effect. Like Cheryl Strayed's *Wild*, this is a powerful look back at wayward years—and a redemptive story about finding one's rightful home in the world.

Sybil

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What makes a narcissist go from self-involved to terrifying? Joe Navarro, a leading FBI profiler, unlocks the secrets to the personality disorders that put us all at risk complete with new foreword in the paperback edition of this national bestseller. "I should have known." "How could we have missed the warning signs?" "I always thought there was something off about him." When we wake up to new tragedies in the news every day—shootings, rampages, acts of domestic terrorism—we often blame ourselves for missing the mania lurking inside unsuspecting individuals. But how could we have known that the charismatic leader had the characteristics of a tyrant? And how can ordinary people identify threats from those who are poised to devastate their lives on a daily basis—the crazy coworkers, out-of-control family members, or relentless neighbors? In *Dangerous Personalities*, former FBI profiler Joe Navarro has the answers. He shows us how to identify the four most common "dangerous personalities" and how to analyze the potential threat level: the Narcissist, the Predator, the Paranoid, and the Unstable Personality. Along the way, he provides essential tips and tricks to protect ourselves both immediately and in the long-term, as well as how to heal the trauma of being exposed to the destructive egos in our world.

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The Minds of Billy Milligan

On the bestseller list for Walden Books and required reading for psychology classes, *Suffer the Child* was first to link Satanic child abuse with multiple personalities/dissociative disorders. The story chronicles with unblinking objectivity the harrowing experiences of Jenny, reared in a satanic cult, in a life so untenable as to fracture the self. In the healing process, these experiences, made of nightmare stuff, are assimilated, with the help of therapists with little to guide their committed and necessarily innovative treatment. The horrifying revelations of Jenny's healing journey will shock, inspire, and give caution to us all.

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"A riveting memoir that takes readers on a roller coaster ride from the depths of hell to triumphant success."—Dave Pelzer, author of *A Child Called "It"* Michelle Stevens has a photo of the exact moment her childhood was stolen from her: She's only eight years old, posing for her mother's boyfriend, Gary Lundquist—an elementary school teacher, neighborhood stalwart, and brutal pedophile. Later that night, Gary locks Michelle in a cage, tortures her repeatedly, and uses her to quench his voracious and deviant sexual

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whims. Little does she know that this will become her new reality for the next six years. Michelle can also pinpoint the moment she reconstituted the splintered pieces of her life: She's in cap and gown, receiving her PhD in psychology—and the university's award for best dissertation. The distance between these two points is the improbable journey from torture, loss, and mental illness to healing, recovery, and triumph that is Michelle's powerful memoir, *Scared Selfless*. Michelle suffered from post-traumatic stress disorder, anxiety, and depression, and made multiple suicide attempts. She also developed multiple personalities. There was "Chelsey," the rebellious teenager; "Viscous," a tween with homicidal rage; and "Sarah," a sweet little girl who brought her teddy bear on a first date. In this harrowing tale, Michelle, who was inspired to help others heal by becoming a psychotherapist, sheds light on the all-too-real threat of child sexual abuse, its subsequent psychological effects, and the best methods for victims to overcome their ordeals and, ultimately, thrive. *Scared Selfless* is both an examination of the extraordinary feats of the mind that are possible in the face of horrific trauma as well as Michelle's courageous testament to their power.

The Flock

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A woman with two schizophrenic siblings combines her story with the stories of other people who have grown up with mentally ill siblings and discusses such topics as guilt, fear, and caring for a sibling. National ad/promo. Tour.

All Of Me

You shared a secret with the wrong person. Janey Markham is thrilled to be moving with her family to Buckingham Crescent, the smartest address in a desirable suburban town. Worried she'll be excluded by the glossy local mothers, Janey is thrilled when she meets Tanya, the kind of woman she has always looked up to. Tanya takes Janey under her wing, and her teenage daughter Angel is amazing with Janey's little boy. As Janey and Tanya grow closer, Janey feels she can finally leave her troubled past behind. But then everything changes... In a weak moment over a bottle of wine, Janey finds herself telling Tanya her most shocking secret. Why wouldn't she trust her new friend? The following day, Janey sees Angel, with a man old enough to be her father, pushing someone into a car. The next day a body is found and police appeal for witnesses - and share a picture of the same car... When Janey tells Tanya she is going to the police, Tanya turns threatening. She'll stop at nothing to defend Angel, even if her daughter is guilty. If

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Janey says anything, Tanya will make sure that her dark secret gets out. Janey faces an impossible choice. Stay quiet about what she saw that terrible day. Or speak up, and destroy the family she has worked so hard to protect... From million-copy bestseller K.L. Slater comes this twisty and absolutely unputdownable roller-coaster ride of a read. Fans of *The Girl on the Train* and *Gone Girl* will be totally hooked on *Little Whispers*. What everyone is saying about *Little Whispers*: 'I'm a huge fan of this author and they did not disappoint at all. They totally blew it away once again. Twists and turns and the ending was brilliant.' Goodreads Reviewer, ?????? 'WOW! It had me hooked from the beginning, I was suspicious of everyone in this book but had no idea it would end the way it did... this book exceeded my expectations!' Goodreads Reviewer, ?????? 'This is one of my most anticipated books of the year and I loved it. It was a great read that kept me on the edge of my seat... had some great twists that I did not see coming. I highly recommend this one!!' Goodreads Reviewer, ?????? 'This was an epic thriller that had all the goodness you'd expect from KL Slater... The ending was superbly crafted with shocking caliber!' *The Secret Book Sleuth*, ?????? 'This was a phenomenal domestic thriller that kept me literally entranced.' Goodreads Reviewer, ?????? 'Wow, wow, wow grab this book. So well written so tense. I picked it up to read a few pages and wound up

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reading late into the night. An author I will be recommending and looking forward to their new and older books' Goodreads Reviewer, ????? 'This was a really great read... this is the KL Slater I know and love... A brilliant , twisty read' Netgalley Reviewer, ????? 'I'm a huge fan of K. L. Slater's books and this latest book did not disappoint The plot is fantastic with twists and turns, and I loved how it ended. The characters are well developed and interesting, and I couldn't stop reading the book to see what happened next. I can't recommend this book enough! Another brilliant thriller from K. L. Slater.' Goodreads Reviewer, ????? 'Delivers in spades... This is another gripping read from an author who just does not disappoint... This is an engaging read that had me desperate to unravel the secrets and lies that permeate and inform the narrative' Goodreads Reviewer 'Such a wonderful story' Goodreads Reviewer, ?????

Dibs: in Search of Self

Asked to search within themselves for hidden personalities, they came up with entire squadrons: children, harlots, angels, devils."--BOOK JACKET. "This book describes how a group of reckless therapists used hypnosis, drugs, and sheer persuasion to mold their patients' symptoms into multiple personality disorder."--BOOK JACKET.

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Abuse

A Mind of My Own

Call Me Tuesday

In "Multiple Personality Disorder from the Inside Out," 146 people who have MPD and their significant others reveal the complex issues of diagnosis, therapy, and maintaining personal relationships. These writings have been gathered into a compelling and practical volume for anyone interested in improving the support network for individuals who suffer with MPD.

The Sister Pact

Hundreds of thousands of readers have found help and hope for getting their lives back from chronic pain in this empowering workbook. Top pain specialist and physician Margaret A. Caudill spells out 10 steps that can radically change the way pain sufferers feel--both physically and emotionally. From finding the best treatments to coping with flareups, solving everyday problems, and harnessing the power of relaxation techniques, the book is packed with tested solutions that users can tailor to their own needs. The fully updated fourth edition

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incorporates important advances in pain management and mind-body medicine. It features new content on mindfulness, a "Quick Skill" section in each chapter with simple exercises that can have an immediate impact, updated supplementary reading and resources (including smart phone apps), and more. Practical tools include MP3 audio downloads and easy-to-use worksheets that purchasers can now download and print.

All the Wrong Places: A Life Lost and Found

Ten of millions Americans suffer from alcoholism, yet most people still wrongly believe that alcoholism is a psychological or moral problem, and that it can be cured by psychotherapy or sheer will power. Based on groundbreaking scientific research, *Under The Influence* examine the physical factors that set alcoholics and non-alcoholics apart, and suggests a bold, stigma-free way of understanding and treating the alcoholic. How to tell if someone you know is an alcoholic. The progressive stages of alcoholism. How to get an alcoholic into treatment—and how to choose a treatment program. Why frequently prescribed drugs can be dangerous—even fatal—for alcoholics. How to ensure a lasting recovery. Praise for *Under the Influence* "The most important breakthrough in alcoholism since the founding of Alcoholics Anonymous in

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1935."—Ron Fagan, founder & director, Ceder Hills Alcoholism Treatment Center "A landmark . . . A must for anyone concerned about drinking."—Alcoholism, Journal of the American Medical Society on Alcoholism and the Research Society on Alcoholism "Vital, simple, world-changing information."—Co-Evolution Quarterly "Under The Influence will advance by light years the understanding of alcoholism and the recovery process."—Mel Schulstad, Cofounder, National Association of Alcoholism Counselors

Creating Hysteria

The subject of the celebrated "Three Faces of Eve" multiple-personality case describes her work in the mental health field and how she successfully integrated her several personalities into the woman she is today

Multiple Personality Disorder from the Inside Out

Mad House

The groundbreaking first-person account of successful recovery from dissociative identity disorder, now featuring a new preface by the author When Joan Frances Casey, a married twenty-six-year-old graduate student, "awoke" on the ledge of a building

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ready to jump, it wasn't the first time she couldn't explain her whereabouts. Soon after, Lynn Wilson, an experienced psychiatric social worker, diagnosed Joan with multiple personality disorder. She prescribed a radical program of reparenting therapy to individually treat her patient's twenty-four separate personalities. As Lynn came to know Joan's distinct selves—Josie, the self-destructive toddler; Rusty, the motherless boy; Renee, the people pleaser—she uncovered a pattern of emotional and physical abuse that had nearly consumed a remarkable young woman. Praise for *The Flock* “A testimony to [Casey's] courage and the dedication of her therapist, who believed that a profoundly fragmented self has the capacity to heal within a loving therapeutic relationship.”—The New York Times Book Review “Absolutely mesmerizing . . . the first coherent autobiographical study of its kind.”—The Detroit News “A compelling psychological odyssey offering unique insights into a nightmare world.”—Kirkus Reviews “Extraordinary . . . deftly told and studded with striking images.”—Publishers Weekly

Managing Pain Before It Manages You

Who holds your secrets? Allie is devastated when her sister commits suicide—and it's not just because she misses her. Allie feels

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betrayed. The two made a pact that they'd always be together, in life and in death, but Leah broke her promise and Allie needs to know why. Her parents hover. Her friends try to support her. And Nick, sweet Nick, keeps calling and flirting. Their sympathy only intensifies her grief. But the more she clings to Leah, the more secrets surface. Allie's not sure which is more distressing: discovering the truth behind her sister's death or facing her new reality without her.

As Dark As My Fur

A woman diagnosed with dissociative identity disorder reveals her harrowing journey from abuse to recovery in this #1 New York Times bestselling autobiography written by her own multiple personalities. Successful, happily married Truddi Chase began therapy hoping to find the reasons behind her extreme anxiety, mood swings, and periodic blackouts. What emerged from her sessions was terrifying: Truddi's mind and body were inhabited by the Troops—ninety-two individual voices that emerged to shield her from her traumatizing childhood. For years the Troops created a world where she could hide from the pain of the ritualized sexual abuse she suffered at the hands of her own stepfather—abuse that began when she was only two years old. It was a past that Truddi didn't even know existed, until she and her therapist took a journey to

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where the nightmare began. Written by the Troops themselves, *When Rabbit Howls* is told by the very alter-egos who stayed with Truddi Chase, watched over her, and protected her. What they reveal is a spellbinding descent into a personal hell—and an ultimate, triumphant deliverance for the woman they became.

The Shift

Billy Milligan was a man tormented by twenty-four distinct personalities battling for supremacy over his body – a battle that culminated when he awoke in jail, arrested for the kidnap and rape of three women. In a landmark trial, Billy was acquitted of his crimes by reason of insanity caused by multiple personality disorder – the first such court decision in history. Among the twenty-four are: Philip, a petty criminal; Kevin, who dealt drugs; April, whose only ambition was to kill Billy's stepfather; Adalana, the shy, affection-starved lesbian who 'used' Billy's body in the rapes that led to his arrest; David, the eight-year-old 'keeper of the pain'; and the Teacher, the sum of all Billy's alter egos fused into one. In *The Minds of Billy Milligan*, Daniel Keyes brings to light the most remarkable and harrowing case of multiple personality ever recorded. 'Fascinating' LA Times '[Keyes] has carried it off brilliantly, bringing not only

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a fine clarity but a special warmth and empathy' Washington Post

Little Whispers

Presents information on how to tell the difference between coyotes and wolves, even though they are similar in many ways.

Dangerous Personalities

More amazing than any work of fiction, yet true in every word, it swept to the top of the bestseller lists and riveted the consciousness of the world. As an Emmy Award-winning film starring Sally Field, it captured the home screens of an entire nation and has endured as the most electrifying TV movie ever made. It's the story of a survivor of terrifying childhood abuse, victim of sudden and mystifying blackouts, and the first case of multiple personality ever to be psychoanalyzed. You're about to meet Sybil—and the sixteen selves to whom she played host, both women and men, each with a different personality, speech pattern, and even personal appearance. You'll experience the strangeness and fascination of one woman's rare affliction—and travel with her on her long, ultimately triumphant journey back to wholeness.

Sybil Exposed

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A psychiatrist describes his work with Karen Overhill, a patient complaining of acute depression who turned out to have been a victim of horrific childhood sexual abuse and who to survive had developed seventeen distinct and separate personalities, and his challenging efforts to reunite the separate selves into a whole person. Reprint. 50,000 first printing.

Clinical Perspectives on Multiple Personality Disorder

When Tuesday Storm's mother plunges headfirst down a flight of stairs, it's the second-worst thing that ever happens in Tuesday's life. The first? Mama survives the accident. Suddenly she's furious with Tuesday for some mysterious "bad thing" she's done. The doctor says the aggression is due to a brain injury and only temporary. So the Storms do what any proud, Southern family would. They hide the problem, hoping it will go away. Meanwhile little Tuesday becomes the target of unrelenting hostility and twisted "punishments." In this based-on-a-true-story novel, a now-grown Tuesday recounts, with raw emotion, her sudden "loss" of a nurturing mother, and the tragic years to follow living with the monster in her mother's clothes--a monster she can't stop loving.

Recognition and Alleviation of Distress

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in Laboratory Animals

Rabbit outwits Coyote in this Zapotec tale which explains why coyotes howl at the moon.

The Tale of Rabbit and Coyote

Follows the true story of Truddi Chase, who struggled with a life impacted by child abuse and multiple personality disorder, in a memoir that describes her therapy and the breakthroughs that led to her recovery. Reprint.

Rabbit Hill

A raw and powerful memoir of Jaycee Lee Dugard's own story of being kidnapped as an 11-year-old and held captive for over 18 years. On 10 June 1991, eleven-year-old Jaycee Dugard was abducted from a school bus stop within sight of her home in Tahoe, California. It was the last her family and friends saw of her for over eighteen years. On 26 August 2009, Dugard, her daughters, and Phillip Craig Garrido appeared in the office of her kidnapper's parole officer in California. Their unusual behaviour sparked an investigation that led to the positive identification of Jaycee Lee Dugard, living in a tent behind Garrido's home. During her time in captivity, at the age of fourteen and seventeen, she gave birth to two daughters,

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both fathered by Garrido. Dugard's memoir is written by the 30-year-old herself and covers the period from the time of her abduction in 1991 up until the present. In her stark, utterly honest and unflinching narrative, Jaycee opens up about what she experienced, including how she feels now, a year after being found. Garrido and his wife Nancy have since pleaded guilty to their crimes.

Can You Tell a Coyote from a Wolf?

In this mystery set a nightmarish urban landscape, a seemingly routine case for an apprentice PI and her enigmatic cat becomes something far more twisted. Blackie does not trust Care's new client, factory owner Mr Gravitz, who has hired the teenage private investigator to shadow one of his workers, a man he suspects is stealing from him. With his feline sixth sense, Blackie knows the client is not telling the truth—but how can he protect and warn his companion, Care, when he is only a cat? Combining elements of feline fantasy and traditional whodunit, *As Dark As My Fur* continues the adventures of this original and unusual detective duo as they fight for their lives and for the memories of those they love. Praise for *The Ninth Life* “Noir fans who are fond of felines will find a lot to like.”—Publishers Weekly

Switching Time

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Shirley MacLaine's only child shares shocking stories from her out-of-this-world childhood with the famously eccentric actress Shirley MacLaine is an Academy Award winning actress who has graced Hollywood with her talent for decades, known for her roles in *The Apartment*, *Terms of Endearment*, and recently the BBC/PBS smash *Downton Abbey*. Yet—as her daughter Sachi Parker can attest—growing up with the movie star was far from picture perfect. The only child of MacLaine and her husband of thirty years, Steve Parker, Sachi's surreal childhood began when she was sent to Japan at the age of two—though her mother would sometimes claim Sachi was six—to live with her mercurial father and his mistress. She divides her time being raised by a Japanese governess and going back and forth to L.A. to be with her mother, hamming it up on movie sets, in photo shoots, and Hollywood parties, even winning—and then abruptly losing—the role of Scout in *To Kill a Mockingbird*. As she gets older and attends boarding school in England and Switzerland, becomes a Qantas stewardess, and becomes involved in a series of abusive relationships she tries to unravel the mysteries of her childhood and her parents' unconventional marriage. Including twenty never-before-seen personal photos, *Lucky Me* is a fascinating look at Hollywood and what it takes to succeed there, the incredible ambition of Shirley MacLaine and the fallout it had on

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her only child, as well as a woman's attempt to understand and connect with her extremely complicated parents.

The Sum of My Parts

The diagnosis of multiple personality disorder (MPD) entered the clinical mainstream with a rapidity and in a manner atypical for new descriptions of psychiatric illness. This book contains the most up-to-date information on MPD available written by experts in this field. The first section is a memorial to Cornelia B. Wilbur, M.D., a pioneer in MPD treatment. It is full of personal accounts from people who knew her well. The second section deals with general issues in the treatment of MPD. It discusses basic principles in conducting the psychotherapy of MPD, posttraumatic and dissociative phenomena in transference and countertransference, and treatment of MPD as a posttraumatic condition. The third section goes on to give case studies that illustrate the application of techniques, approaches, and insights that are considered important in the treatment of MPD patients but are difficult to learn because they have not been documented in detail in the literature. Methods discussed include the use of Amytal interviews, play therapy, ego-state therapy, and the use of sand trays. The last section of the book discusses some of the

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contemporary concerns in the field (including consultation in the public psychiatric sector and the incidence of eating disorders in MPD patients), and on the recent history of the study of MPD.

How She Died, How I Lived

Introduces the controversy over recollections of childhood sexual abuse as the window onto a broader field of ideas concerning memory, storytelling, and the psychology of women.

A Stolen Life

Account of a deeply disturbed five-year-old's attempt to find his identity and of his emergence from psychotherapy as a whole human being

A Fractured Mind

When a Catholic priest who has a history of abuse dies of cyanide poison during the consecration of mass, is it murder or suicide? This story covers forty years in the life of a man looking for answers. Abuse can have many faces, physical abuse, mental abuses, and abuse of senior citizens. Child abuse maybe the most common. Every day we read or hear about abuse on television, in the newspapers, magazines, etc. It has been said, "Death hides many faults memories

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linger."

Lucky Me

Documents the stories of the three women behind the famous multiple-personality-disorder case, contending that a large portion of the story was fabricated by a willing patient, her psychiatrist and an ambitious journalist who took advantage of a public that was psychologically primed to believe their claims. By the award-winning author of Pornography. 50,000 first printing.

I 'm Eve

Avalanches, snowmen, a hungry wolf...and more! When Bear wakes up early from her hibernation, she decides to build a snowman. Her grumpy neighbor, Rabbit, decides to build an even better one. **Rabbit & Bear: Rabbit's Bad Habits** is full of laugh-out-loud moments and chronicles the forming of an unlikely friendship. With illustrations throughout, this chapter book is perfect for middle grade readers and is sure to become a fun favorite on any kid's bookshelf.

Rabbit & Bear: Rabbit's Bad Habits

Scientific advances in our understanding of animal physiology and behavior often require theories to be revised and standards of

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practice to be updated to improve laboratory animal welfare. This new book from the Institute for Laboratory Animal Research (ILAR) at the National Research Council, *Recognition and Alleviation of Distress in Laboratory Animals*, focuses on the stress and distress which is experienced by animals when used in laboratory research. This book aims to educate laboratory animal veterinarians; students, researchers, and investigators; animal care staff, as well as animal welfare officers on the current scientific and ethical issues associated with stress and distress in laboratory animals. It evaluates pertinent scientific literature to generate practical and pragmatic guidelines. *Recognition and Alleviation of Distress in Laboratory Animals* focuses specifically on the scientific understanding of the causes and the functions of stress and distress, the transformation of stress to distress, and the identification of principles for the recognition and alleviation of distress. This book discusses the role of humane endpoints in situations of distress and principles for the minimization of distress in laboratory animals. It also identifies areas in which further scientific investigation is needed to improve laboratory animal welfare in order to adhere to scientific and ethical principles that promote humane care and practice.

Under the Influence

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In 1989, Robert B. Oxnam, the successful China scholar and president of the Asia Society, faced up to what he thought was his biggest personal challenge: alcoholism. But this dependency masked a problem far more serious: Multiple Personality Disorder. At the peak of his professional career, after having led the Asia Society for nearly a decade, Oxnam was haunted by periodic blackouts and episodic rages. After his family and friends intervened, Oxnam received help from a psychiatrist, Dr. Jeffrey Smith, and entered a rehab center. It wasn't until 1990 during a session with Dr. Smith that the first of Oxnam's eleven alternate personalities--an angry young boy named Tommy--suddenly emerged. With Dr. Smith's help, Oxnam began the exhausting and fascinating process of uncovering his many personalities and the childhood trauma that caused his condition. This is the powerful and moving story of one person's struggle with this terrifying illness. The book includes an epilogue by Dr. Smith in which he describes Robert's case, the treatment, and the nature of multiple personality disorder. Robert's courage in facing his situation and overcoming his painful past makes for a dramatic and inspiring book.

Scared Selfless

Girl in Pieces meets The Way I Used to Be in

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this poignant and thought-provoking novel about a girl who must overcome her survivor's guilt after a fellow classmate is brutally murdered. I was one of five. The five girls Kyle texted that day. The girls it could have been. Only Jamie--beautiful, saintly Jamie--was kind enough to respond. And it got her killed. On the eve of Kyle's sentencing a year after Jamie's death, all the other "chosen ones" are coping in various ways. But our tenacious narrator is full of anger, stuck somewhere between the horrifying past and the unknown future as she tries to piece together why she gets to live, while Jamie is dead. Now she finds herself drawn to Charlie, Jamie's boyfriend--knowing all the while that their relationship will always be haunted by what-ifs and why-nots. Is hope possible in the face of such violence? Is forgiveness? How do you go on living when you know it could have been you instead?

Today I'm Alice

Unnatural Death

Kim Noble is an accomplished artist whose work has been exhibited around the world. She is a mother with a teenage daughter. She is a bubbly and vivacious woman. To meet her you wouldn't think anything was wrong. But when Kim was younger than five years old, her

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personality splintered and fractured. In 1995 she was finally diagnosed with Dissociative Identity Disorder (DID) which has been described as a creative way to cope with unbearable pain. Now her body plays host to more than 20 different personalities, or 'alters'. There are women and men, adults and children; there is a scared little boy who speaks only Latin, an elective mute, a gay man and an anorexic teenager. Some alters age with her body; others are stuck in time. ALL OF ME takes the reader through the extraordinary world of a woman for whom the very nature of reality is different. It will tell of her terrifying battles to understand her own mind; of her desperate struggle against all odds to win back the child she loved; and of her courage and commitment in trying to make sense of her life. It is by turns shocking, inspiring, sometimes funny, and deeply moving.

Pillar of Salt

By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next ten years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental "parts." Dissociative identity disorder (DID) had begun to take hold, protecting Olga's mind from the tragic

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realities of her childhood. In *The Sum of My Parts*, Olga reveals her life story for the first time, chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID. Formerly known as multiple personality disorder, DID is defined by the presence of two or more identities. In this riveting story, Olga struggles to unearth memories from her childhood, and parallel identities—Olga at five years old, Olga at thirteen—come forth and demand to be healed. This brave, unforgettable memoir charts the author's triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

When Rabbit Howls

When Alice was a teenager, strange things started happening to her. Hours of her life simply disappeared. She'd hear voices shouting at her, telling her she was useless. And the nightmares that had haunted her since early childhood, scenes of men abusing her, became more detailed . . . more real. Staring at herself in the mirror she'd catch her face changing, as if someone else was looking out through her eyes. In *Today I'm Alice*, she describes her extraordinary journey from a teenage girl battling anorexia and OCD, drowning the voices with alcohol, to a young woman slipping further and further into mental illness. It was only after years lost

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in institutions that she was correctly diagnosed with multiple personality disorder. When her alternative personalities were revealed in therapy she discovered how each one had their own memories of abuse and a full picture of her childhood finally emerged. As she learned to live with her many 'alters', she set out to confront the man who had caused her unbearable pain. Moving and ultimately inspiring, this is a gripping account of a rare condition, and the remarkable story of a courageous woman.

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