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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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fAmongst Ourselves A Self-Help Guide to Living with Dissociative Identity Disorder by Tracy Alderman, Ph.D., and Karen Marshall, L.C.S.W. New Harbinger Publications
fPublisher's Note This publication is designed to provide accurate and authoritative information in regard to the subject matter covered.

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Amongst Ourselves Quotes by Tracy Alderman

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