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why does a gifted psychiatrist suddenly begin to torment his own beloved wife how can a ninety pound woman carry a massive air conditioner

to the second floor of her home install it in a window unassisted and then not remember how it got there why would a brilliant feminist law student ask her fiancé to treat her like a helpless little girl how can an ordinary violence fearing businessman once have been a gun packing vigilante prowling the crime districts for a fight a startling new study in human consciousness the myth of sanity is a landmark book about forgotten trauma dissociated mental states and multiple personality in everyday life in its groundbreaking analysis of childhood trauma and dissociation and their far reaching implications in adult life it reveals that moderate dissociation is a normal mental reaction to pain and that even the most extreme dissociative reaction multiple personality is more common than we think through astonishing stories of people whose lives have been shattered by trauma and then remade the myth of sanity shows us how to recognize these altered mental states in friends and family even in ourselves

have you ever been driving home from work when you noticed that your thoughts were wandering so far away that you had forgotten how you had even gotten home or have you ever been so absorbed in a movie that you felt like you were right there with the characters despite sitting on your couch if either of these scenarios sounds familiar you have briefly experienced dissociation our brains typically employ dissociation as a coping technique when faced with emotionally taxing circumstances or traumatic experiences the drawback is that we can easily become accustomed to dissociating with our brains perpetually checking out and avoiding emotionally taxing circumstances we must face the dissociation phenomena and comprehend how it arises if we are to start living more truthfully and fully in the present before we get started be aware that this book discusses suicide trauma and child abuse these books will teach you why it s challenging to verbalize terrible memories how out of body experiences may be caused by dissociation and how it s possible to pass away from hopelessness

haunted by their horrific pasts and suffering in silence girls traumatized by severe child abuse often endure debilitating medical ailments and serious psychiatric problems well into adulthood they withstand clinical depression anorexia sleep dysfunction post traumatic stress disorder alcoholism and one of the most extreme conditions dissociative identity disorder did the development of multiple personalities paige alisen herself diagnosed with did as a result of repeated sexual ritual and psychological abuse skillfully blends her own painful experiences with the powerful testimonies of other survivors to present a disturbing yet inspiring account of childhood trauma and its long term consequences for women s mental and physical well being she also delivers a strong indictment against a society that permits and perpetuates the brutal treatment of women and children and offers an informative practical and encouraging guide for survivors on the journey to healing and recovery bringing together personal psychiatric social and feminist perspectives alisen defines the different types of child abuse describes

why children remain silent about their ordeal explores the ways in which they try to speak through their behaviors and their bodies and examines how they develop extraordinarily complex and extreme strategies including the creation of alter personalities to cope with and survive the torment she faults government churches schools the health care system and other institutions for their failure to adequately recognize and deal with the widespread problem of childhood trauma included in the volume are useful self help resources and crucial advice for survivors and their support networks alisen s innovative and courageous approach to a difficult subject will empower the countless women who bear the emotional and physical scars of severe childhood trauma in addition her compelling work will raise awareness about the devastating effects of child abuse and sound a call to those in key positions to advocate for and effect social change that will end the vicious cycle of abuse

a science writer explores six seemingly unconnected but unique human traits the big toe thumbs pharynx tears kissing and laughter each trait marks a fork in the evolutionary road where humans went one way and the rest of the animal kingdom went the other

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