



The Stranger In The Mirror

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Summary : Free the stranger in the mirror pdf download - you peer into the mirror and have trouble recognizing yourself you can't remember if you actually did something or only thought you did you feel as if you're going through the motions of life these are all symptoms of dissociation--a fragmented state of consciousness involving feelings of disconnection and amnesia that affects 30 million individuals in north america alone the surprising truth revealed in the stranger in the mirror a groundbreaking book based on eighteen years of pioneering research is that millions of people have dissociative symptoms that have gone undetected or untreated this hidden epidemic has occurred simply because people have been unable to identify their problem or were not asked the right questions about their symptoms since dissociation can be a person's standard response to trauma its symptoms are a common reaction to such life-threatening events as a car accident or such intense lasting traumas as rape there is a strong possibility that you or someone you know suffers from some dissociative condition because dissociative experiences are often illusive and hard to describe they are rarely reported to therapists the stranger in the mirror offers the general public unique guidelines for identifying dissociative symptoms as well as for treatment and recovery it not only debunks many myths surrounding dissociation but also offers some startling revelations for example normal people experience dissociative symptoms in everyday life and dissociation is as widespread as anxiety and depression and may explain such intriguing phenomena as past lives and near-death or out-of-body experiences based on rigorous scientific testing dr marlene steinberg has developed a breakthrough diagnostic tool for dissociation one embraced by the mental health community as the gold standard the book's questionnaires based on this test will help you identify your own dissociative symptoms and will alert you to possible underlying dissociative causes of such pervasive conditions as anxiety depression manic-depression attention-deficit hyper-activity disorder adhd obsessive-compulsive disorder ocd posttraumatic stress disorder ptsd or even schizophrenia if you have concerns about your own or a loved one's psychological health this is a must-read book filled with gripping and moving case histories of people with multiple personality or other dissociative conditions the stranger in the mirror will take you behind the closed doors of the psychiatrist's office on a fascinating journey through the

therapeutic process providing enlightening insights into how all of us respond to trauma and overcome it the innovative method of treatment described in this important book--the four c s comfort communication cooperation and connection--can benefit anyone in search of a healthier sense of self and a heightened capacity for joy

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