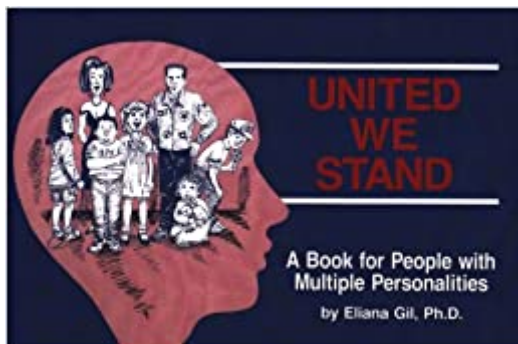


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# United We Stand: A Book For People With Multiple Personalities



## Synopsis

This book is written for individuals with multiple personalities, and explains what multiplicity is, why it develops, how to understand it, and when and how to seek help. Multiples have too long suffered with nagging worries about being crazy or so unique that they cannot have friends or companionship. This book defines multiplicity as a creative and life saving adaptive strategy, not as a disorder or sign of mental illness.

## Book Information

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Average Customer Review: 4.7 out of 5 stars 20 customer reviews

Best Sellers Rank: #586,376 in Books (See Top 100 in Books) #132 in [Books > Health,](#)

[Fitness & Dieting > Mental Health > Schizophrenia](#) #1273 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

## Customer Reviews

I just read, "United We Stand: A Book for People with Multiple Personalities" by Eliana Gil, Ph.D. It's really short (like 60 pages, not a lot of dense text, the book itself is about 6X10?) and very easy to read. It explains, very simply, what dissociation is and how and why dissociative identity disorder develops. It was recommended to me as a good way to explain DID to kids, but it's for adults. I think it would over-burden a child, but it would be great for an adult person new to the diagnosis and/or their friends and family. So many books about mental illness or trauma or grief can be overwhelming when you're already overwhelmed. This book is clear and to the point, while also being very positive and hopeful.

If you need a book to explain what D.I.D.. Anyone who has trouble with understanding, I let them borrow this book.

This book helped me so much in 1992 when I was first dealing with the idea that I might have what

used to be called MPD, now called DID (Dissociative Identity Disorder.) I am buying two more copies for two of my friends today. For their little ones inside who suffer in shame, isolation, and confusion: this book will help them value and understand themselves. For their grown-up parts inside who work hard but need to have more compassion for the little ones inside: this book will help them develop co-consciousness and learn to communicate with the other parts. It's hard to communicate with someone who you hate or don't believe in, and it's hard to heal from the abuse when you can't tolerate believing in the parts of you that took the abuse and split off from you to help you function. Yes, this book does not tell the whole story, and yes, its stories may not apply to all of the DID patients who so desperately need it. But, for now, this is the best and ONLY book available for helping little ones inside understand and heal. I am SO glad that this book is still in print!!!! I urge ALL therapists who work with survivors of severe abuse to keep a copy of this in your office. I urge anyone with DID or with a DID friend or loved one to buy this book especially for their little ones inside.

This book is an easy read, even children should be able to understand. This book is only about 41 half size pages. It is a great first book for the multiple to understand the disorder and a great book to share with family and friends to explain the basics of multiple personality disorder also known as Dissociative Identity Disorder. I highly recommend this basic book to everyone. A must have for your library.

During my training for a master's degree in mental health counseling, I got this for a friend who had 4 distinct personalities. It is clear and concise and easy to understand for most of the personalities that are of grade school age (sometimes not all are).

I found this book excellent in helping everyone involved in the process of healing understand many aspects of D.I.D in a language that was accessible to young and old alike. I recommend it for anyone who has D.I.D. or for anyone who knows someone who might have a dissociative disorder like P.T.S.D.

Good overview of what is now called Dissociative Identity Disorder. Language is out of date, but the information is still very relevant and done well.

This book makes understanding MPD easy. A must book for people that might be MPD or have a

loved one that has MPD.

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