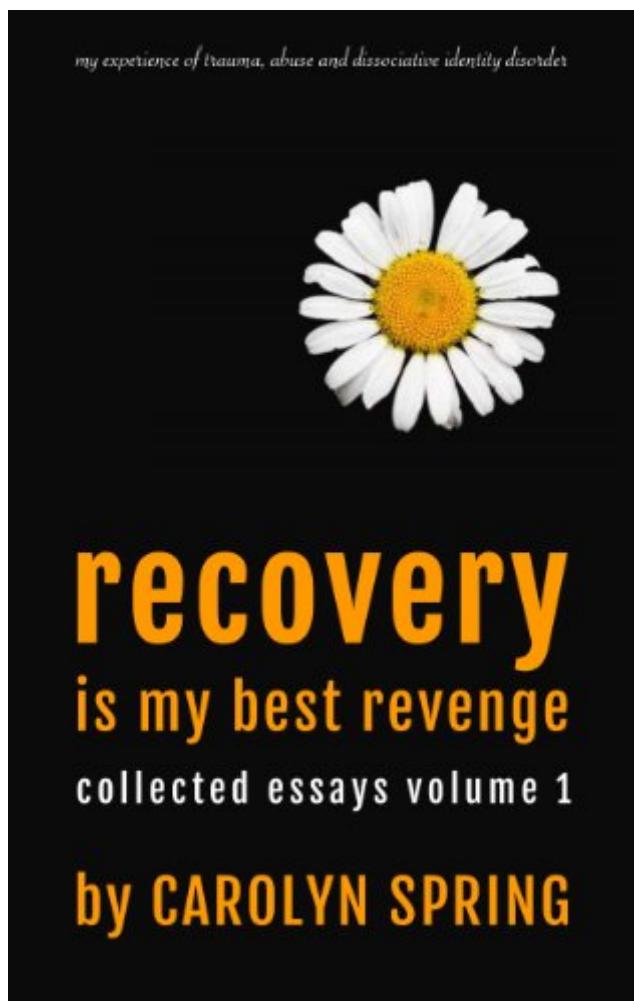


The book was found

# Recovery Is My Best Revenge: My Experience Of Trauma, Abuse And Dissociative Identity Disorder (Collected Essays Book 1)



## Synopsis

About this bookWhat is it like to live with dissociative identity disorder? In this first volume of her collected essays, Carolyn Spring writes candidly from a number of perspectives about her experiences of living with trauma-related dissociation. 'Memories of Mummy' is an evocative piece told mainly through the eyes of a child; 'Rediscovering Eden' is raw and disturbing; 'Dissociative Moments' is a profound insight into the experience of dissociation. This volume covers topics such as shame, child sexual abuse, and the complex meanings of 'madness', but finishes with a determined vision of recovery and the journey towards it. A second volume will be published in February 2016 along with a combined paperback edition.

**Contents**

- Introduction - Recovery from what?
- Chapter 1 - Memories of mummy
- Chapter 2 - Not mad, not bad - just traumatised
- Chapter 3 - Ten reasons I didn't tell
- Chapter 4 - I hate me: the logic of self-hate
- Chapter 5 - You think I'm crazy?!
- Think again! My dissociative thought life
- Chapter 6 - Ten things I have learned about child sexual abuse
- Chapter 7 - Dissociative moments
- Chapter 8 - Shame
- Chapter 9 - Rediscovering Eden
- Chapter 10 - Ten steps towards recovery

**About the author**

Carolyn Spring is a writer and publisher as well as being Director of PODS (Positive Outcomes for Dissociative Survivors) and its charity framework START (Survivors Trauma and Abuse Recovery Trust). PODS works to make recovery from dissociative disorders a reality through training, informing and supporting, and Carolyn delivers all the PODS training as well as editing the magazine/journal Multiple Parts which is produced three times a year. She developed dissociative identity disorder (DID) as a result of prolonged and extreme childhood abuse but believes passionately in recovery and the dignity and respect that is due to all human beings.

For more information, please go to: [www.carolynspring.co.uk](http://www.carolynspring.co.uk), [www.pods-online.org.uk](http://www.pods-online.org.uk) and [www.start-online.org.uk](http://www.start-online.org.uk).

## Book Information

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## **Customer Reviews**

I did not believe a book could give me a sense of hope. Not only did it do that! It also provided a path to forgiveness and reclaiming my self-worth! What a wonderful gift on my way to healing! Thank you!! An amazing book!!

I think there is definite value in this book, but it feels like it could be written better. The flow from chapter to chapter seemed a little off, and it made me wonder if different parts were writing different chapters. As someone with DID, I totally appreciate this author sharing her journey and learning what worked for her. I just think the flow could be more logical and some of the chapters written a little better.

I'm a survivor of SRA, child-porn & Monarch programming. This book hit the nail on the head. I can relate to a lot of it. Cathy O'Brien's book Transformation of America has her husband state too that full recovery is the best revenge. Thank you for writing this. I plan to write a book too in the coming years.

Excellent book gave me a clearer understanding of dissociation. Well written from a client perspective suitable for clients and counsellors.

This small book is powerful beyond measure in telling the world what severe abuse is like, and how it happened in the first place. Required reading for both the abused and those who work to help heal them. Bravo for your courage, honesty, clarity and concise, accessible presentation, Carolyn. Thank you. - Jondi Whitis, EFT Master Trainer

Thoughtful. Well written. Emotionally grabs you from first page, taking you on a ride through one survivor's hell and back out again.

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