



# First Person Plural

*Dagmar Godowsky*

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## **First Person Plural** Dagmar Godowsky

From Library Journal West, a psychologist, relates a deeply painful narrative of his battle with dissociative identity disorder (DID). He describes the horrors he endured, both mental and physical, as a child who was grossly abused by his mother, attributing the fragmentation of his adult life to these appalling experiences and telling how his long, happy marriage and family relationships were nearly ruined by the effects of DID. The book is not entirely dark; it provides hope and encouragement to DID victims and suggests how they can be helped through the support and understanding of others. It's also a practical guide for future clinicians, offering insight into a perplexing condition. West concludes with an epilog in which he lays out his theory that abused children can achieve a sense of wholeness through the understanding and acceptance of others and the reinvention of the self. Highly recommended.."

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