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It f6 Amongst Ourselves is a journey that people with DID can undergo in order to heal. Loved ones of people with DID, if they choose to be involved in the journey, will also grow and develop a greater understanding of the person with DID. One thing that is important to remember is that DID is about survival.

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Amongst Ourselves | NewHarbinger.com

Amongst Ourselves: A Self-Help Guide to Living With Dissociative Identity Disorder. November 1998, New Harbinger Publications. Paperback in English - 1st edition. aaaa.

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Amongst Ourselves by Alderman, Tracy (ebook)

Amongst ourselves : a self-help guide to living with dissociative identity disorder. by. Alderman, Tracy; Marshall, Karen, L.C.S.W. Publication date. 1998. Topics. Multiple

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She has decades of experience in the treatment of self-injury, trauma, substance abuse, anxiety, ADHD, depression, and crisis management. Dr. Alderman is a leading expert in the field of self-injury. She is the author of *The Scarred Soul: Understanding and Ending Self-Inflicted Violence* , and co-author of *Amongst Ourselves: A Self-Help Guide* ...

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