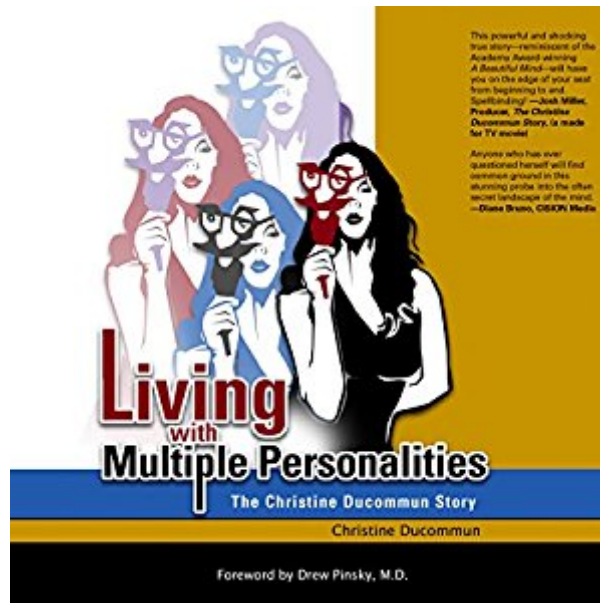


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# Living With Multiple Personalities: The Christine Ducommun Story



## Synopsis

Christine Ducommun was a happily married wife and mother of two when, after returning to live in the house of her childhood, she began to experience panic attacks and night terrors. Says the author, "I sought therapy, and there I discovered, to my shock and horror, that I had been sexually abused at the hands of my father at a very early age. I surely didn't want to believe it. But as my mind began to release bizarre flashbacks, my alters began to show themselves. Suddenly I lived a life even I couldn't understand: I was a devoted mother, wife, and church leader but also a convicted thief, a promiscuous alcoholic, and a prescription drug addict. Things got much worse before they got better." Christin was eventually diagnosed with dissociative identity disorder (DID), and her story details an extraordinary 12-year ordeal of coming to grips with the reemergence of competing personalities her mind had created to help her endure her early years. Therapy helps to reveal the personalities, but Christine has much work to do to grasp their individual strengths and weaknesses and understand how each helped her cope and survive her childhood as well as the latent influences they've had in her adult life. Fully reawakened and present, the personalities struggle for control of Christine's mind, and her life tailspins into unimaginable chaos, leaving her to believe she may very well be losing the battle for her sanity. Christine's only hope to regain her stability is to integrate each one's emotional maturity while jettisoning the rest, until at last their chatter in her head could cease. This task, taken on by her gutsy therapist, proves to be the major struggle of her adult life. It takes her on a journey that few with her disorder have the courage or fortitude to travel. A candid look at the effects of sexual abuse, this elegant book shines a bright light on the fragility of the mind and the durability of the spirit. A story of courage, healing, identity, and hope.

## Book Information

Audible Audio Edition

Listening Length: 8 hours 10 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Bettie Youngs Book Publishers Co., Inc.

Audible.com Release Date: February 23, 2016

Language: English

ASIN: B01C3EOBNM

Best Sellers Rank: #101 in Books > Self-Help > Inner Child #2718 in Books > Audible Audiobooks > Religion & Spirituality > New Age & Occult #6915 in Books > Audible

## Customer Reviews

Very interesting to see how complex a mind can be, to see how the mind can protect you, a defense mechanism that many people don't think you have, but you do, and to hope that you never have to use it because you would have to be faced with such unthinkable acts of violence and trauma before this defense mechanism "kicks in". It was very interesting to meet all 5 of her very distinctly different personalities, each with their areas of expertise in managing every aspect of her life, all with one goal in mind, to protect the core. If you want a better understanding of how someone copes with living with multiple personalities or if you just want to be entertained by the personalities "personalities" then I suggest you read this book, you won't want to put it down, I know I didn't want to.

The author claims she has multiple personalities or dissociative personality disorder, but her facts many times contradict themselves. For instance she says at one point that these things transpired before the Internet however her and her husband both had cell phones. She also conveniently only blacked out as these other "alters" and did irresponsible things and ended up hundreds of miles from home when her young son just "happened" to be safely staying at a friends house. I've studied this disorder and those with it live very chaotic lives and their families are very much affected by the destructive behavior it comes with. It just sounded very contrived. It wasn't bad as a work of fiction it just wasn't believable. She also says in one chapter that she's all but excommunicated from her church for her actions on a church committee she was involved in, yet in another chapter she mentions the few people that were still talking to her from the church as being her greatest supports. I just didn't buy it as truthful and was very disappointed in the book.

Put uncontrolled abusive behavior, together with ignorance and denial in a rural country setting where one can hide all, as long as no one remembers or talks someday, we have a true life story, no fiction here of a wonderful lady who became a survivor and insured her children did not suffer even through further victimization by her church and community. This book is sure to inspire all who can identify and all who just could use a look into the reality to traumatic childhood experiences. The story setting takes place in rural Saskatchewan. Why parents and other trusted adults in a child's life abuse are many. Often parents in past generations made mistakes, abusers were abused by trusted adults or piers, traumatized in war time service, alcoholic, or just had their own mental

problems. Whatever the reasons, past people and causes can not be changed, good people like this author tell how to recover and make a new life and not let the problem affect the children.

I couldn't put this book down! An inside look at the life of an abused child and how the mind protects this child from the reality of horrific abuse. But as an adult how the alters can make life unbearable and frightening. Multiples and abused children are close to my heart as I too suffered severely in my childhood. Congratulations on recovery I know it is a long, painful journey. But one well worth taking. Will add this book to my collection. Absolutely amazing story and my heart goes out to Christine!

we have MPD FOR 57 YRS and this book is a hard read due to it triggers us too bad to finish the BOOK. BE WARNED AND DONT READ IT WITH A FRIEND TO TALK YOU BACK FROM THE EDGE! DANGER TRIGERS

Christine Ducommun was a happily married wife and mother of two, when-- after moving back into her childhood home--she began to experience anxiety, panic attacks, and a series of bizarre flashbacks. Eventually diagnosed with DID, Christine's story details an extraordinary twelve-year ordeal unraveling the buried trauma of her past and the daunting path she must take to heal from it. Therapy helps to identify Christine's personalities and understand how each helped her cope with her childhood, but their influence on her adult life lead both her and her therapist on a difficult quest for peace and integration. Fully reawakened and present, the personalities compete for control of Christine's mind as she bravely struggles to maintain a stable home for her growing children. In the shadows, her life tailspins into unimaginable chaos--bouts of drinking and drug abuse, sexual escapades, theft and fraud--leaving her to believe she may very well be losing the battle for her sanity. Nearing the point of surrender, a breakthrough brings order to her present, and she regains hope for the future. Integration--the victory--has been achieved. This brave story is one of courage, healing, identity, hope, and love. A compelling narrative of the struggle to overcome a little known disorder - one we are perhaps all afflicted with at some level. It's right up there with the work of Dr. Cameron West and Robert Oxnam who also suffered from Multiple Personality Disorder and captured their own struggles in earlier tomes -- but not as "shockingly" as Christine Ducommun. -- Don Brown, author, *The Morphine Dream* Anyone who has ever questioned herself--whether for a day, a week or longer--will find herself in this stunning probe into the often secret landscape of the mind. -- Lynette Bushman, therapist It is with great pleasure that I offer this foreword to a book that describes Christine's long and successful journey. It has been my great pleasure to know and work

with her. I hope that her book provides encouragement and strength to others in similar circumstances. Recovery is possible. -- Dr. Doug Jurgens

On Toby's Terms

After reading many books over DID, I appreciate each and everyone of them for their uniqueness and individuality. Thanks for sharing!

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