

Flora Rheta Schreiber Free

Recounts the story of Joseph Warren, a small-town businessman who led a double life as a satanic cult leader, in a tale based on interviews with his family members and cult survivors. Reprint.

Borderline personality disorder (BPD) is characterized by unstable moods, negative self-image, dangerous impulsivity, and tumultuous relationships. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. *Overcoming Borderline Personality Disorder* is a compassionate and informative guide to understanding this profoundly unsettling--and widely misunderstood--mental illness, believed to affect approximately 6% of the general population. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, Valerie Porr cites cutting-edge science to show that BPD is a true neurobiological disorder and not, as many come to believe, a character flaw or the result of bad parenting. Porr then clearly and accessibly explains what BPD is, which therapies have proven effective, and how to rise above the weighty stigma associated with the disorder.

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Offering families and loved ones supportive guidance that both acknowledges the difficulties they face and shows how they can be overcome, Porr teaches empirically-supported and effective coping behaviors and interpersonal skills, such as new ways of talking about emotions, how to be aware of nonverbal communication, and validating difficult experiences. These skills are derived from Dialectical Behavior Therapy and Mentalization-based Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict while increasing trust. *Overcoming Borderline Personality Disorder* is an empowering and hopeful resource for those who wish to gain better understanding of the BPD experience--and to make use of these insights in day-to-day family interactions. Winner of the ABCT Self Help Book Seal of Merit Award 2011

Selected as one of TheNew York Times Book Review's Best Books of the Year and honored worldwide, *Lisa, Bright and Dark* was an immediate sensation when it was first published. Detailing how mental illness affects friends and family of the ill, *Lisa, Bright and Dark* has been in print for more than forty years. Its value has not diminished over time, and readers throughout the world contact the author regularly to discuss their reactions to it. A straight-through read, it is full of romance, excitement, suspense, and finally triumph.

'How are you today?' the doctor asked. 'I'm fine', was the reply. 'But Sybil isn't. She was so sick she couldn't come. So I came instead.' Sybil is the story of a woman with sixteen separate personalities, and was instrumental in influencing the definition and diagnosis of multiple personality disorder. Sybil's diagnosis has since been called into question - but, forty years after it was first published, her story remains a gripping and disturbing account of one woman's struggle for mental stability and happiness. 'Astonishing book . . . It forces you to look at yourself and the people around you in a new way.' Doris Lessing

From the host of MTV's #1 show Catfish comes the definitive guide about how to connect with people authentically in today's increasingly digital world. IN REAL LIFE: Love, Lies & Identity in the Digital Age As the host of the wildly popular TV series Catfish which investigates online relationships to determine whether they are based on truth or fiction (spoiler: it's almost always fiction). Nev has become the Dr. Drew of online relationships. His clout in this area springs from his own experience with a deceptive online romance, about which he made a critically acclaimed 2010 documentary (also called Catfish). In that film Nev coined the term "catfish" to refer to someone who creates a false online persona to reel someone into a romantic relationship. The meme spread rapidly. Now Nev brings his expertise to the page, sharing insider secrets about: -what motivates catfish

-why people fall for catfish -how you can avoid being deceived -rules for dating -- both online and off -how to connect authentically with others over the internet -how to turn an online relationship into a real-life relationship ...and much, much more. Peppered throughout with Nev's personal stories, this book delves deeply into the complexities of online identity. Nev shows us how our digital lives are affecting our real lives, and provides essential advice about how we should all be living and loving in the era of social media.

In 1987, Dr. Benjamin Carson gained worldwide recognition for his part in the first successful separation of Siamese twins joined at the back of the head. The extremely complex and delicate operation, five months in the planning and twenty-two hours in the execution, involved a surgical plan that Carson helped initiate. Carson pioneered again in a rare procedure known as hemispherectomy, giving children without hope a second chance at life through a daring operation in which he literally removed one half of their brain. But such breakthroughs aren't unusual for Ben Carson. He's been beating the odds since he was a child. Raised in inner-city Detroit by a mother with a third grade education, Ben lacked motivation. He had terrible grades. And a pathological temper threatened to put him in jail. But Sonya Carson convinced her son that he could make something of his life, even though everything around him said otherwise. Trust in God, a

relentless belief in his own capabilities, and sheer determination catapulted Ben from failing grades to the top of his class --- and beyond to a Yale scholarship . . . the University of Michigan Medical School . . . and finally, at age 33, the directorship of pediatric neurosurgery at Johns Hopkins Hospital in Baltimore, Maryland. Today, Dr. Ben Carson holds twenty honorary doctorates and is the possessor of a long string of honors and awards, including the Horatio Alger Award, induction into the 'Great Blacks in Wax' Museum in Baltimore, Maryland, and an invitation as Keynote Speaker at the 1997 President's National Prayer Breakfast. *Gifted Hands* is the riveting story of one man's secret for success, tested against daunting odds and driven by an incredible mindset that dares to take risks. This inspiring autobiography takes you into the operating room to witness surgeries that made headlines around the world --- and into the private mind of a compassionate, God-fearing physician who lives to help others. Through it all shines a humility, quick wit, and down-to-earth style that make this book one you won't easily forget.

As a deadly cancer spread inside her brain, leading neuroscientist Barbara Lipska was plunged into madness—only to miraculously survive with her memories intact. In the tradition of *My Stroke of Insight* and *Brain on Fire*, this powerful memoir recounts her ordeal and explains its unforgettable lessons about

the brain and mind. At the height of her career, Barbara Lipska—a leading expert on the neuroscience of mental illness—was diagnosed with melanoma that had spread to her brain. Within months, her frontal lobe, the seat of cognition, began shutting down. She exhibited dementia- and schizophrenia-like symptoms that terrified her family and coworkers. But miraculously, the immunotherapy her doctors prescribed worked, and Lipska returned to normal. With one difference: she remembered her brush with madness with exquisite clarity. Lipska draws on her extraordinary experience to explain how mental illness, brain injury, and age can distort our behavior, personality, cognition, and memory. She tells what it is like to experience these changes firsthand. And she reveals what parts of us remain, even when so much else is gone.

The subject of the celebrated "Three Faces of Eve" multiple-personality case describes her work in the mental health field and how she successfully integrated her several personalities into the woman she is today

Some girls will always have your back, and some girls can't help but stab you in it. Junior year, the suburbs of Philadelphia. Alex, Mollie and Veronica are those girls: They're the best of friends and the party girls of the school. But how well does everybody know them--and really, how well do they know one another? Alex is secretly in love with the boy next door and has joined a band--without

telling anyone. Mollie suffers from a popular (and possibly sociopathic) boyfriend and a serious mean streak. And Veronica just wants to be loved--literally, figuratively, physically...she's not particular. Will this be the year that bonds them forever or tears them apart for good? In a debut novel that is raw, honest, hilarious, and thought-provoking, Lauren Saft masterfully conveys what goes on in the mind of a teenage girl and how often even the closest of friends walk the thin line between love and hate.

This book is about: • surviving when you're broke • how happy people think – and how you can be like them • liking yourself before you lose that extra weight • persevering after you get the sack • being happy before you meet your dream partner – and when they become a 'learning experience!' Filled with Andrew's charming cartoons, and inspiring stories of people who have lost everything they had or almost been beaten by alcohol, illness, abuse or outrageous misfortune, Happiness in Hard Times shows us how we too can find our way through the pain to the contentment that seems out of reach.

Ten years after her alcoholic husband disappears on the same week her best friend is brutally murdered, Risa marries another man only to be confronted by her first husband, who shocks their Pennsylvania community with claims that he is the murderer, compelling Risa to risk everything to discover the truth. 35,000

first printing.

WHATEVER HAPPENED TO SYBIL? Dr. Patrick Suraci discovered the answer to that question in 1993. He learned that Sybil was Shirley Mason and they became friends. Flora Schreiber wrote SYBIL explaining how Shirley developed the 16 personalities as a result of her early childhood abuse. Using psychoanalysis for ten years, Dr. Cornelia Wilbur

Billy Milligan was a man tormented by twenty-four distinct personalities battling for supremacy over his body - a battle that culminated when he awoke in jail, arrested for the kidnap and rape of three women. In a landmark trial, Billy was acquitted of his crimes by reason of insanity caused by multiple personality disorder - the first such court decision in history. Among the twenty-four are: Philip, a petty criminal; Kevin, who dealt drugs; April, whose only ambition was to kill Billy's stepfather; Adalana, the shy, affection-starved lesbian who 'used' Billy's body in the rapes that led to his arrest; David, the eight-year-old 'keeper of the pain'; and the Teacher, the sum of all Billy's alter egos fused into one. In *The Minds of Billy Milligan*, Daniel Keyes brings to light the most remarkable and harrowing case of multiple personality ever recorded. 'Fascinating' *LA Times* '[Keyes] has carried it off brilliantly, bringing not only a fine clarity but a special warmth and empathy' *Washington Post*

In *A Bigger Picture*, the bestselling political memoir of 2020, Malcolm Turnbull, Australia's 29th prime minister, tells the remarkable story of his life. Now in paperback, this edition is updated with an all-new foreword by the author that sheds light on the huge political and cultural changes happening today. When Malcolm Turnbull took over the nation's top job there was a sense of excitement in Australia. Sky-high opinion polls followed as the political outsider with a successful business, legal and media career took charge. The infighting that had dogged politics for the best part of a decade looked to be over. But a right-wing insurgency brutally cut down Turnbull's time in office after three years, leaving many Australians asking, 'Why?' Exceptionally candid and compelling, *A Bigger Picture* is the definitive narrative of Malcolm Turnbull's prime ministership. He describes how he legalised same-sex marriage, established Snowy Hydro 2.0, stood up to Donald Trump, and many more achievements – remarkable in their pace and significance, and delivered in the teeth of so much opposition. But it's far more than just politics. Turnbull's life has been filled with colourful characters and controversies, success and failure. From his early years in Sydney, growing up with a single father, to defending 'Spycatcher' Peter Wright against the UK government; the years representing Kerry Packer, leading the Republican Movement and making millions in business; and finally toppling Tony Abbott to

become prime minister of Australia. For the first time he tells it all – in his own words. With revelatory insights on the workings of Canberra and the contentious events of Turnbull's life, *A Bigger Picture* explores the strengths and vulnerabilities of one of Australia's best-known and most dynamic business and political leaders. Lyrically written in highly readable and entertaining prose, this is a genuine page-turner that's not just for political junkies.

P.O. Box 2619, Augusta, GA 30914-2619. Shipping by the regular book rate. First revised Edition, 1992, contains the latest thinking by Drs. Corbett Thigpen & Hervey Cleckly on multiple personality. Hailed as outstanding! This nonfiction scientific documentary of multiple personality electrified psychology & psychiatry. Drs. J. McV. Hunt & Cordon Allport, outstanding psychologists, hailed it, "The most delightful treatise of psychopathological literature of the mid-twentieth century." *THE THREE FACES OF EVE* has been translated into 28 different languages & remains the definitive work in multiple personality. This world-renowned treatise has become a psychological classic. Increasingly, it has been cited for high literary merit. It is required reading in many colleges & universities in psychology & English literature. It is a popular public library book. An Academy Award winning motion picture starring Joanne Woodward, *THE THREE FACES OF EVE* was acclaimed by hundreds of outstanding newspapers & magazines.

THE SATURDAY REVIEW SYNDICATE said, "The most extraordinary & fascinating book of the year." LOS ANGELES TIMES, "Pales most novels in comparison." INDIANAPOLIS STAR, "--fascinating & engrossing." CHICAGO TRIBUNE, "An unforgettable experience."

"Sybil, or The Two Nations" by Benjamin Disraeli. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

During the 1980s in California, New Jersey, and New York, Michigan, Massachusetts, and Florida, Tennessee, Texas, Ohio, and elsewhere, daycare workers were arrested, charged, tried, and convicted of committing horrible sexual crimes against the children they cared for. These crimes, social workers and prosecutors said, had gone undetected for years, and they consisted of a brutality and sadism that defied all imagining. Children across the country painted a nightmarish picture of their abuse, some claiming they had been taken to graveyards, sometimes to kill animals, and sometimes to dig up bodies, which were removed from their coffins and stabbed. In some cases, investigators said that the abusers were filming the crimes on behalf of international child pornography rings. The dangers of babysitting

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services and day care centers became a national news media fixation, and legislatures took action to fend off the new threats facing the country's children. Of the many hundreds of people who were investigated in connection with day care and ritual abuse cases around the country, some 190 were formally charged with crimes, leading to more than 80 convictions. But, none of it happened. It was a decade-long outbreak of collective hysteria on a par with the Salem witch trials. Using extensive archival research conducted in Los Angeles, Miami, New York, Minneapolis, and elsewhere, and drawing on dozens of interviews conducted with the hysteria's major figures, n+1 editor Richard Beck shows how a group of legislators, doctors, lawyers, and parents, most working with the best of intentions, set the stage for a cultural disaster. Psychiatrists and talk therapists turned dubious theories of trauma and recovered memory into a destructive new kind of psychotherapy. Social workers and detectives employed coercive interviewing techniques that led children to tell them what they wanted to hear. Local and national journalists fanned the flames by promoting the story's salacious aspects, while aggressive prosecutors sought to make their careers by unearthing an unspeakable evil where parents feared it most. Beck tracks the panic all the way to its decline at the end of the decade, as parents and prosecutors were finally forced to reckon with the total lack of physical evidence underpinning the story. Yet at the heart of *We Believe the Children* is the idea that the conditions that made this frenzy of accusations possible were very specific to their moment in American history. The climate of fear that surrounded these cases influenced a whole series of arguments about women, children, and sex that had been intensifying for some twenty years. At the root of these accusations were competing visions of society and what it was that threatened it most.

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Kim Noble is an accomplished artist whose work has been exhibited around the world. She is a mother with a teenage daughter. She is a bubbly and vivacious woman. To meet her you wouldn't think anything was wrong. But when Kim was younger than five years old, her personality splintered and fractured. In 1995 she was finally diagnosed with Dissociative Identity Disorder (DID) which has been described as a creative way to cope with unbearable pain. Now her body plays host to more than 20 different personalities, or 'alters'. There are women and men, adults and children; there is a scared little boy who speaks only Latin, an elective mute, a gay man and an anorexic teenager. Some alters age with her body; others are stuck in time. ALL OF ME takes the reader through the extraordinary world of a woman for whom the very nature of reality is different. It will tell of her terrifying battles to understand her own mind; of her desperate struggle against all odds to win back the child she loved; and of her courage and commitment in trying to make sense of her life. It is by turns shocking, inspiring, sometimes funny, and deeply moving.

Sybil The True Story of a Woman Possessed by Sixteen Separate Personalities Viking Documents the stories of the three women behind the famous multiple-personality-disorder case, contending that a large portion of the story was fabricated by a willing patient, her psychiatrist and an ambitious journalist who took advantage of a public that was psychologically primed to believe their claims. By the award-winning author of Pornography. 50,000 first printing.

This Revised Edition of Attachment, Trauma and Multiplicity investigates the subject of Dissociative Identity Disorder. With brand new chapters on police work and attachment theory it has been fully updated to include new research and the latest understanding of patterns of

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attachment theory that lead to dissociation. With contributions from psychotherapists, psychiatrists, psychoanalysts and service users this book covers the background history and a description of the condition along with the issues of diagnoses and treatment. It also looks at: the phenomenon of DID the conflicting models of the human mind that have been found to try and understand DID the political conflict over the subject including problems for the police clinical accounts and personal writing of people with DID. Attachment, Trauma and Multiplicity, Second Edition will prove essential reading for therapists and mental health workers as well as being a valuable resource for graduates and researchers.

"Thorough and accurate. Jane Hyman vividly portrays the internal world of DID and understands the logic and function of dissociated parts of the mind. This is the most detailed exploration I have read of the different types of parts, their origins and functions." --Colin A. Ross, M.D. Past President, The International Society for the Study of Dissociation and author of Dissociative Identity Disorder Be inspired by these women who have survived--and even thrived--with dissociative identity disorder People with dissociative identity disorder (formerly called multiple personality disorder) are widely thought to be highly dysfunctional. This fascinating book debunks this myth. I Am More Than One gives you an inside look at women who have achieved success while living with the condition. Their uplifting stories shed light on a misunderstood but manageable condition—and point the way toward an active, functional, and fulfilling life.

Centering around a prestigious performing arts school in New York City, students Tangie, Skye, Eden, Trey, C.J., Izzy, and Regina learn valuable lessons in love, friendship, fame, and fortune.

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With astonishing honesty, this memoir reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. With astonishing honesty, this memoir, *Get Me Out of Here*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. A mother, wife, and working professional, Reiland was diagnosed with borderline personality disorder at the age of 29--a diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity. A truly riveting read with a hopeful message. Excerpt: "My hidden secrets were not well-concealed. The psychological profile had been right as had the books on BPD. I was manipulative, desperately clinging and prone to tantrums, explosiveness, and frantic acts of desperation when I did not feel the intimacy connection was strong enough. The tough chick loner act of self-reliance was a complete facade."

Sybil, or *The Two Nations* is one of the finest novels to depict the social problems of class-ridden Victorian England. When published, it was a sensation for its immediacy and readability brought the plight of the working classes sharply to the attention of the reading public. The 'Two Nations' of the alternative title are the rich and poor, so disparate in their opportunities and living conditions, and so hostile to each other. that they seem almost to belong to different countries. The gulf between them is given a poignant focus by the central romantic plot

concerning the love of Charles Egremont, a member of the landlord class, for Sybil, the poor daughter of a militant Chartist leader.

When Alice was a teenager, strange things started happening to her. Hours of her life simply disappeared. She'd hear voices shouting at her, telling her she was useless. And the nightmares that had haunted her since early childhood, scenes of men abusing her, became more detailed . . . more real. Staring at herself in the mirror she'd catch her face changing, as if someone else was looking out through her eyes. In *Today I'm Alice*, she describes her extraordinary journey from a teenage girl battling anorexia and OCD, drowning the voices with alcohol, to a young woman slipping further and further into mental illness. It was only after years lost in institutions that she was correctly diagnosed with multiple personality disorder. When her alternative personalities were revealed in therapy she discovered how each one had their own memories of abuse and a full picture of her childhood finally emerged. As she learned to live with her many 'alters', she set out to confront the man who had caused her unbearable pain. Moving and ultimately inspiring, this is a gripping account of a rare condition, and the remarkable story of a courageous woman.

Dr. Ross provides a documented account of the exploitation of Chris Sizemore, the real Eve, by her psychiatrist, Dr. Corbett Thigpen.

"I'm Sybil." Thus, Shirley Mason shared her secret identity with Nancy Preston, former student. That disclosure cemented an enduring twenty-eight year friendship between the two via phone calls, visits, and letters. From Shirley's first letter to her last phone call to Nancy, *After Sybil* is a revealing glimpse into the daily life of the woman whose sixteen personalities were merged into the one Nancy knew and loved. Letters, photos, and quotes offer insight to Shirley's view of her parents, her therapist, and the bestselling book and subsequent movies about her. Interspersed are examples of Shirley's art, including a self portrait. What if you woke up one morning and your ears weren't yours? What If You Had Animal Ears explores what would happen if you looked in the mirror and saw an animal's ears instead of your own! The next imaginative book in the What If You Had series, explores incredible ears from the animal kingdom. From the elephant's tremendous ears to the jack rabbit's mood ears, discover what it would be like if you had these special ears--and find out why your ears are just the right ones for you!

In 1989, Robert B. Oxnam, the successful China scholar and president of the Asia Society, faced up to what he thought was his biggest personal challenge: alcoholism. But this dependency masked a problem far more serious: Multiple Personality Disorder. At the peak of his professional career, after having led the

Asia Society for nearly a decade, Oxnam was haunted by periodic blackouts and episodic rages. After his family and friends intervened, Oxnam received help from a psychiatrist, Dr. Jeffrey Smith, and entered a rehab center. It wasn't until 1990 during a session with Dr. Smith that the first of Oxnam's eleven alternate personalities--an angry young boy named Tommy--suddenly emerged. With Dr. Smith's help, Oxnam began the exhausting and fascinating process of uncovering his many personalities and the childhood trauma that caused his condition. This is the powerful and moving story of one person's struggle with this terrifying illness. The book includes an epilogue by Dr. Smith in which he describes Robert's case, the treatment, and the nature of multiple personality disorder. Robert's courage in facing his situation and overcoming his painful past makes for a dramatic and inspiring book.

The NFL legend and Heisman Trophy winner shares the inspiring story of his life and diagnosis with dissociative identity disorder. Herschel Walker is widely regarded as one of football's greatest running backs. He led the University of Georgia to victory in the Sugar Bowl on the way to an NCAA Championship and he capped a sensational college career by earning the 1982 Heisman Trophy. Herschel spent twelve years in the NFL, where he rushed for more than eight thousand yards and scored sixty-one rushing touchdowns. But despite the

acclaim he won as a football legend, track star, Olympic competitor, and later a successful businessman, Herschel realized that his life, at times, was simply out of control. He often felt angry, self-destructive, and unable to connect meaningfully with friends and family. Drawing on his deep faith, Herschel turned to professionals for help and was ultimately diagnosed with dissociative identity disorder, formerly known as multiple personality disorder. While some might have taken this diagnosis as a setback, Herschel approached his mental health with the same indomitable spirit he brought to the playing field. It also gave him, for the first time, insight into his life's unexplained passages, stretches of time that seemed forever lost. Herschel came to understand that during those times, his "alters," or alternate personalities, were in control. Born into a poor, but loving family in the South, Herschel was an overweight child with a stutter who suffered terrible bullying at school. He now understands that he created "alters" who could withstand abuse. But beyond simply enduring, other "alters" came forward to help Herschel overcome numerous obstacles and, by the time he graduated high school, become an athlete recognized on a national level. In *Breaking Free*, Herschel tells his story -- from the joys and hardships of childhood to his explosive impact on college football to his remarkable professional career. And he gives voice and hope to those suffering from DID. Herschel shows how this

disorder played an integral role in his accomplishments and how he has learned to live with it today. His compelling account testifies to the strength of the human spirit and its ability to overcome any challenge.

The heartbreaking, iconic true story of an abandoned little boy's horrific journey through the American foster care system One misty evening, Jennings Michael Burch's mother, too sick to care for him, left her eight-year-old son at an orphanage with the words, "I'll be right back." She wasn't. Shuttled through a bleak series of foster homes, orphanages, and institutions, Jennings never remained in any of them long enough to make a friend. Instead, he clung to a tattered stuffed animal named Doggie, his sole source of comfort in a frightening world. Here, in his own words, Jennings Michael Burch reveals the abuse and neglect he experienced during his lost childhood. But while his experiences are both shocking and devastating, his story is ultimately one of hope--the triumphant tale of a forgotten child who somehow found the courage to reach out for love and found it waiting for him.

Twin sisters Amber and Serena Shine on strength, survival and a lifetime seeking adventure Amber and Serena Shine have wild in their blood. From their first steps, the twins set out from their family farm in rural Waiuku with the bush and mountains in sight. Together they've run the world's highest marathon on Mount Everest, walked jaguars in the Amazon, sailed treacherous

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seas from Hawai'i to San Francisco, navigated ice falls while climbing Mount Cook, raced 322 kilometres on a dogsled, and survived naked in the African wilderness for twenty-one days on the hit Discovery show *Naked and Afraid*. In *The Wild Twins*, Amber and Serena share their most extreme achievements, the secrets behind their strength and endurance, and advice on living life to its fullest. With go-getter attitudes, perseverance and fearlessness, these inspiring sisters are all about getting outdoors and reaching your potential - returning home covered in mud and with a story to tell.

A woman diagnosed with dissociative identity disorder reveals her harrowing journey from abuse to recovery in this #1 New York Times bestselling autobiography written by her own multiple personalities. Successful, happily married Truddi Chase began therapy hoping to find the reasons behind her extreme anxiety, mood swings, and periodic blackouts. What emerged from her sessions was terrifying: Truddi's mind and body were inhabited by the Troops—ninety-two individual voices that emerged to shield her from her traumatizing childhood. For years the Troops created a world where she could hide from the pain of the ritualized sexual abuse she suffered at the hands of her own stepfather—abuse that began when she was only two years old. It was a past that Truddi didn't even know existed, until she and her therapist took a journey to where the nightmare began... Written by the Troops themselves, *When Rabbit Howls* is told by the very alter-egos who stayed with Truddi Chase, watched over her, and protected her. What they reveal is a spellbinding descent into a personal hell—and an ultimate, triumphant deliverance for the woman they became.

In this all-new very special mini-series, the Aldens have been recruited by a secret society to return lost artifacts and treasures to their rightful locations—all around the world! After finding a

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painted turtle figurine, the Aldens are introduced to the Silverton family and Reddimus Society, a secret guild whose mission is to return lost artifacts and treasures to the sites they were taken from. The Aldens board a private train to New Mexico to return the turtle to its original home, and they encounter enemies of Reddimus along the way! The trip is a success...but instead of returning home, there's a last-minute change in plans. The Boxcar Children must continue the mission for the society and deliver more things, all around the globe!

Post-traumatic stress disorder (PTSD) can present with a number of symptoms, including anxiety, depression, flashbacks, and trouble sleeping. If your partner has PTSD, you may want to help, but find yourself at a loss. The simple truth is that PTSD can be extremely debilitating—not just for the person who has experienced trauma first-hand, but for their partners as well. And while there are many books written for those suffering from PTSD, there are few written for the people who love them. In *Loving Someone with PTSD*, renowned trauma expert and author of *I Can't Get Over It!*, Aphrodite Matsakis, presents concrete skills and strategies for the partners of those with PTSD. With this informative and practical book, you will increase your understanding of the signs and symptoms of PTSD, improve your communication skills with your loved one, set realistic expectations, and work to create a healthy environment for the both of you. In addition, you will learn to manage your own grief, helplessness, and fear regarding your partner's condition. PTSD is a manageable disability. While it isn't your responsibility to rescue your partner or act as his or her therapist, this book will help you be supportive and implement strategies for lessening the negative impact of PTSD—not just for your partner, but for your relationship, and, importantly, for yourself. In Sweden, hundreds of refugee children fall into a state that resembles sleep for months or

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years at a time. In Le Roy, a town in upstate New York, teenage girls develop involuntary twitches and seizures that spread like a contagion. In the U.S. Embassy in Cuba, employees experience headaches and memory loss after hearing strange noises during the night. These are only a few of the many suspected culture-bound psychosomatic syndromes—specific sets of symptoms that exist in a particular culture or environment—that affect people throughout the world. In *The Sleeping Beauties*, Dr. Suzanne O’Sullivan—an award-winning Irish neurologist—investigates psychosomatic disorders, traveling the world to visit communities suffering from these so-called mystery illnesses. From a derelict post-Soviet mining town in Kazakhstan to the Mosquito Coast of Nicaragua to the heart of the María Mountains in Colombia, O’Sullivan records the remarkable stories of syndromes related to her by people from all walks of life. Riveting and often distressing, these case studies are recounted with compassion and humanity. In examining the complexity of psychogenic illness, O’Sullivan has written a book of both fascination and serious concern as these syndromes continue to proliferate around the globe.

Finally, a book that addresses your concerns about DID From *Eve to Sybil to Truddi Chase*, the media have long chronicled the lives of people with dissociative identity disorder (DID), formerly known as multiple personality disorder. *The Dissociative Identity Disorder Sourcebook* serves as a much-needed bridge for communication between the dissociative individual and therapists, family, and friends who also have to learn to deal with the effects of this truly astonishing disorder.

#1 NEW YORK TIMES BESTSELLER • From the author of the runaway phenomenon *Unbroken* comes a universal underdog story about the horse who came out of nowhere to

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become a legend. Seabiscuit was one of the most electrifying and popular attractions in sports history and the single biggest newsmaker in the world in 1938, receiving more coverage than FDR, Hitler, or Mussolini. But his success was a surprise to the racing establishment, which had written off the crooked-legged racehorse with the sad tail. Three men changed Seabiscuit's fortunes: Charles Howard was a onetime bicycle repairman who introduced the automobile to the western United States and became an overnight millionaire. When he needed a trainer for his new racehorses, he hired Tom Smith, a mysterious mustang breaker from the Colorado plains. Smith urged Howard to buy Seabiscuit for a bargain-basement price, then hired as his jockey Red Pollard, a failed boxer who was blind in one eye, half-crippled, and prone to quoting passages from Ralph Waldo Emerson. Over four years, these unlikely partners survived a phenomenal run of bad fortune, conspiracy, and severe injury to transform Seabiscuit from a neurotic, pathologically indolent also-ran into an American sports icon.

BONUS: This edition contains a Seabiscuit discussion guide and an excerpt from Unbroken. Praise for Seabiscuit "Fascinating . . . Vivid . . . A first-rate piece of storytelling, leaving us not only with a vivid portrait of a horse but a fascinating slice of American history as well."—The New York Times "Engrossing . . . Fast-moving . . . More than just a horse's tale, because the humans who owned, trained, and rode Seabiscuit are equally fascinating. . . . [Laura Hillenbrand] shows an extraordinary talent for describing a horse race so vividly that the reader feels like the rider."—Sports Illustrated "REMARKABLE . . . MEMORABLE . . . JUST AS COMPELLING TODAY AS IT WAS IN 1938."—The Washington Post

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