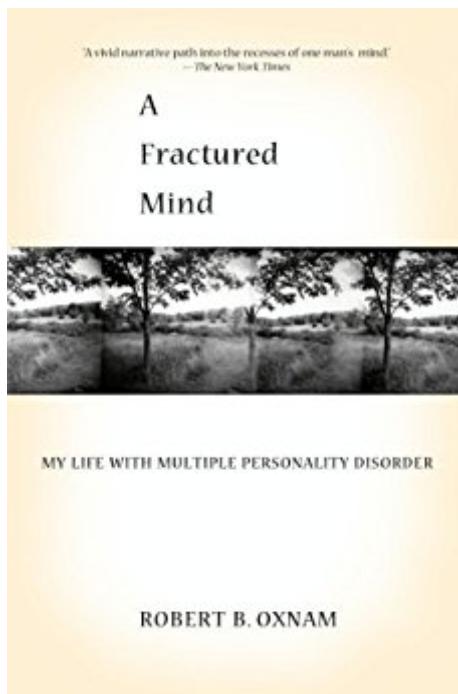


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# A Fractured Mind: My Life With Multiple Personality Disorder



## **Synopsis**

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.

## **Book Information**

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## Customer Reviews

This really helped me understand my friend who has this disorder (Dissociative Identity Disorder, DID). It's amazing how much the author was able to accomplish in life before he even realized he had a disorder. He's courageously honest in telling about, and taking responsibility for, the harm he caused. I also appreciate that this doesn't have one of those "and now everything's totally fine" endings -- this one is more realistic, making clear that things can improve *\*and\** one can cope with ongoing mental-health issues. By the way, to anyone who has heard that this isn't a real disorder: while it's true that some incompetent therapists influenced some patients to believe they had multiple personalities when they really didn't, that in no way means that there aren't people really suffering from this. Skepticism is healthy and valuable, but it must be balanced with open mindedness.

Very interesting read, helps shed light on the patient/survivors experience.

I recommend this book for anyone interested in Dissociative Identity Disorder, Professionals, or people who live with the disorder. Dr. Oxnam's book has stood the test of time because he has managed to write a book that tells his story of his multiple selves from their perspectives without confusing the reader. Allowing a glimpse into what it is like to realize you have DID, the process of therapy, and healing. Amazing book. Thank you, Dr. Oxnam.

Excellent Book! The author gave a very realistic account of his life with multiple personalities. He described in very specific detail the very personal events that occurred for him and how he came to live with the disorder and the treatment he received.

My daughter needed this text for a class. She said that it is a great read!

Brutally honest and fascinating. I'd love to meet him.

I like the book, and it does show a lot of insight into the mind of a person with DID

Fascinating book about the life of a PhD with eleven personalities! A must read for anyone with a

friend or family member with MPD, or for students of Psychology or Counseling.

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