



The Stranger In The Mirror

Marlene, M.D. Steinberg, Maxine Schnall

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The Stranger In The Mirror

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Discover groundbreaking findings on a hidden epidemic -- and why it so often is misdiagnosed.

You peer into the mirror and have trouble recognizing yourself. You feel as if you're going through the motions of life or you're watching a movie of yourself.

These are all symptoms of dissociation -- a debilitating psychological condition involving feelings of disconnection that affects 30 million people in North America and often goes untreated. *The Stranger in the Mirror* offers unique guidelines for identifying and recovering from dissociative symptoms based on Dr. Marlene Steinberg's breakthrough diagnostic test. Filled with fascinating case histories of people with multiple personalities, this book provides enlightening insights into how all of us respond to trauma and overcome it. Her innovative method of treatment will benefit anyone in search of a healthier sense of self and a heightened capacity for joy.

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