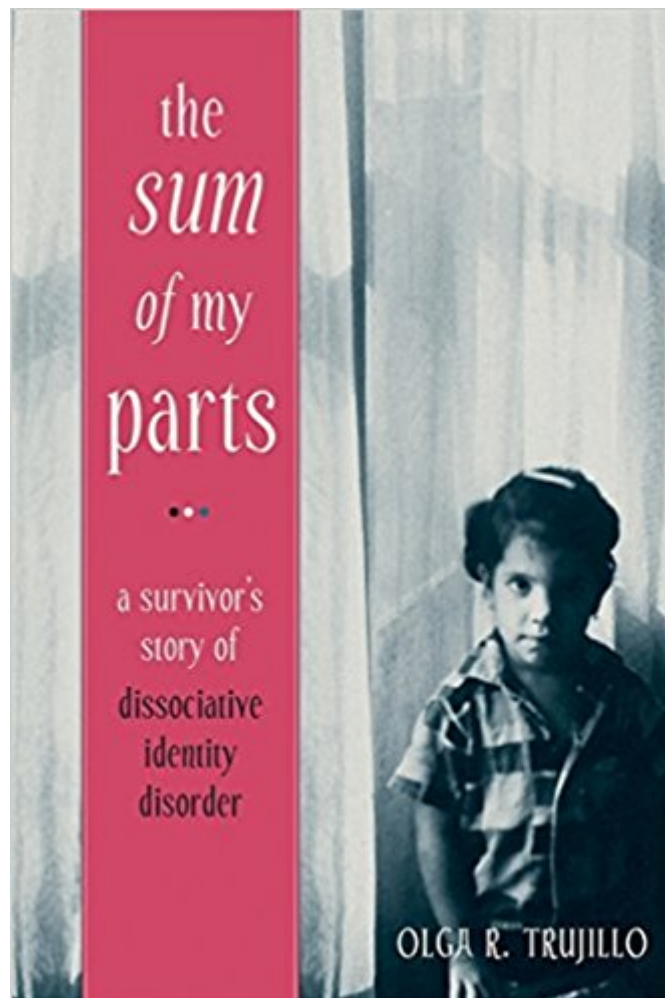




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The Sum Of My Parts: A Survivor's Story Of Dissociative Identity Disorder



Synopsis

By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her tyrannical father. Over the next ten years, she would develop the ability to numb herself to the constant abuse by splitting into distinct mental “parts.” Dissociative identity disorder (DID) had begun to take hold, protecting Olga’s mind from the tragic realities of her childhood. In *The Sum of My Parts*, Olga reveals her life story for the first time, chronicling her heroic journey from survivor to advocate and her remarkable recovery from DID. Formerly known as multiple personality disorder, DID is defined by the presence of two or more identities. In this riveting story, Olga struggles to unearth memories from her childhood, and parallel identities • Olga at five years old, Olga at thirteen • come forth and demand to be healed. This brave, unforgettable memoir charts the author’s triumph over the most devastating conditions and will inspire anyone whose life has been affected by trauma.

Book Information

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Customer Reviews

“In *The Sum of My Parts*, Olga Trujillo reminds us what living with integrity and courage really means. In spite of brutal abuse she experienced by her family, the story of her survival is truly extraordinary and an inspiration to all of us.” • Rosalind Wiseman, author of *Queen Bees and Wannabes* and other books and internationally recognized expert on youth, social justice, and ethical leadership “In *The Sum of My Parts*, Olga Trujillo generously gives us a rare look into the power of community. Olga shows us how one person can make a difference. In her

compelling account of her survival she illustrates the true meaning of resilience and healing. A must-read for all. •Shelia Hankins, associate director of the Institute on Domestic Violence in the African American Community

The Sum of My Parts is the incredible true story of Olga Trujillo, whose childhood was devastated by sexual abuse and violence. This memoir follows Olga as she splits herself into "parts" and develops dissociative identity disorder to cope with the abuse, and then struggles to merge these parts and overcome the disorder in adulthood.

For personal reasons, I started reading this book at Chapter 8. It is truly captivating regardless of your start point. When I was ready, I read the book cover to cover without stopping... and then I read it again. While reading "The Sum of My Parts", Olga Trujillo--at the tender age of three-- immediately became my hero. She endured horrific abuse at the hands of people that should have been trusted family members. This is an amazingly incredible, haunting read and one that I will surely never forget. Her memoir takes the reader from the depths of an emotional pit, one that you think she couldn't possibly survive, and she ends her book with an uplifting and final message of hope. From a healing standpoint, reading this book is quite possibly the best decision I have made. Olga's book details her life of abuse at the hands of her father, brothers and outside perpetrators and chronicles the events to present time. She endured a life of abuse, panic, agoraphobia and consequently DID. Olga has gone on to become an accomplished attorney, advocate and author. I had the absolute pleasure of meeting Olga recently and I can say that I am truly amazed and humbled at the person she has become as a result of abuse of this magnitude. Please, if you are an advocate for childhood abuse, a teacher, a parent or a survivor...this book is a must read. Thank you, Olga, for shedding light on this subject and educating us on DID. You are my hero.

This book was well written, but sad in content. I look back at Trujillo's life and am amazed by how strong she is today. I think she's a great role model for those who are dealing with difficulties of any kind of abuse. As a psychology student and (hopefully) future psychiatrist, I recommend reading this if you're pursuing a career in the mental health field or medical field. As a person, I still recommend this with hopes that it's taken in with an open mind of someone else's trauma. I know in some parts of the book, there were some paragraphs that I couldn't read - just due to how descriptive it was. And I'm not a survivor of any sexual abuse, but I did feel triggered by some experiences. Saying that, I think that taking this book in little doses is much better than binge reading it like I had. Overall, I

recommend and I think it's enlightening. I'm very glad she wrote her story.

I bought this book for my Kindle to get more understanding and information about my diagnosis of D.I.D. I searched everywhere for a personal story that I could relate to. The beginning of the book - as the author points out, graciously - can be extremely triggering for sensitive readers but she intuitively points out where to move forward to, to skip the tough spots. She definitely knows her stuff. I read this full book in about 6 1/2 hours. As my review title says, I couldn't put it down. She expertly describes how the various 'parts' of her personality were formed and played out later in her life. I was so grateful to have such an informative and riveting read about my diagnosis and anticipated journey. Thank you!

In the reading of this book I was horrified and mesmerized at the same time. How could someone possibly survive this inescapable abuse and humiliation year after year. But alas.....it is possible, and the author does a perfectly wonderful job of showing us just how she survived, and in that survival just how complex the human mind can be. Many people do not know about DID except from the movie Sybil. Many people do not accept that forgetting is possible. Olga was so clear and concise on just how her mind handled the overwhelming knowledge of being raped by her father and brothers, over and over. She showed us clearly just how she put things away piece by piece, leaving herself a massive puzzle that would take a great deal of effort and courage to try to resolve at a later day. That book will be with me forever, and is helping me to finally see and face my own puzzle called my life. Thank you Olga for your bravery at exposing something that is so deeply shaming, most of us would rather leave it buried till the day we die. Amazing!

As the author states in the beginning of the book, the details inside are very gruesome, detailed and horrifying. I was prepared for this (as I have a fascination with Dissociative Identity Disorder) but the lay person who may not be able to handle gruesome scenes may be a little overwhelmed. I read this book for a class project (I am currently getting my Master's Degree in Clinical Mental Health Counseling) and really enjoyed it. I think it gives people an insider experience of how DID can feel to someone ("fuzzy") and how it can have lasting impacts on an individual's life. I would highly recommend this book for the LCMHC who will be working with clients who have DID (or even for someone who has an interest in DID such as myself).

the book is easy to read and the author does a good job telling her story. I am DID and I found it to

be very helpful because things make sense to me.she even tells how she healed from DID and her abuse. A must read for anyone with DID or knows someone with DID>

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