



Overcoming Depersonalization Disorder: A Mindfulness and Acceptance Guide to Conquering Feelings of Numbness and Unreality

Fugen Neziroglu, Katharine Donnelly

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When you have depersonalization disorder, nothing seems real. You may feel detached from reality, even from your own thoughts, as though you are going through the motions of living without ever being truly connected to your experiences. Whether your depersonalization developed after a traumatic experience or is something you've always lived with, this book can help you reconnect with life again.

Overcoming Depersonalization Disorder can help you diagnose the type and degree of your depersonalization disorder, come to understand why it developed, and cope with your symptoms using practical skills drawn from acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT).

Ready to feel real again? Put the practical skills in this book to work in your life right now and start reintegrating yourself back into the world and reconnecting to your own vibrant thoughts and feelings.

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Patricia Skinner:

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Eunice Huynh:

Is it anyone who having spare time in that case spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something new? This Overcoming Depersonalization Disorder: A Mindfulness and Acceptance Guide to Conquering Feelings of Numbness and Unreality can be the response, oh how comes? A book you know. You are consequently out of date, spending your time by reading in this brand-new era is common not a nerd activity. So what these books have than the others?

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