



# First Person Plural: My Life as a Multiple

*By Ph.d., Cameron West*

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...written by a man who suffers from Dissociative Identity Disorder...a candid and moving memoir.

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## **First Person Plural: My Life as a Multiple** By Ph.d., Cameron West Bibliography

- Rank: #355003 in Books
- Published on: 1999-11-01
- Original language: English
- Number of items: 1
- Dimensions: 6.75" h x 1.00" w x 4.28" l,
- Binding: Mass Market Paperback
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## **Editorial Review**

From Publishers Weekly

Unlike Flora Rheta Schreiber's *Sybil*, which presented a fairly dispassionate and professional view of multiple personality disorder, now called dissociative identity disorder (DID), West's account is an intimate memoir of the pain and frustration he encountered before and after being diagnosed. In his 30s, West began experiencing symptoms of the disorder, including the presence of inner voices, periods of blackout, memory loss and the wrenching feeling that something was deeply amiss. With the expertise of a therapist and the often heroic?and sometimes courageous?support of his wife, West eventually identified 24 separate personalities of both sexes and various ages. These "alters" told stories of horrific childhood sexual abuse by family members, which West had erased from his conscious mind. West compellingly recounts his journey toward sanity and his decision to pursue a Ph.D. in psychology in order to better understand his illness. Illustrations from his journal, in which all alters were allowed to write, and drawings done by his child personalities give weight and detail to West's account. Occasionally, in his attempt to get at the experience of DID, West waxes melodramatic and falls back on awkward metaphors. The latter, admittedly, might very well be part of the territory: how can language describe two people passing each other within the same body without awkwardness? Readers who must cope with DID or other debilitating mental illnesses, either in themselves or friends and family, will appreciate West's honesty and insight about the subject. Agent, Laurie Fox.

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From Library Journal

West, a psychologist, relates a deeply painful narrative of his battle with dissociative identity disorder (DID). He describes the horrors he endured, both mental and physical, as a child who was grossly abused by his mother, attributing the fragmentation of his adult life to these appalling experiences and telling how his long, happy marriage and family relationships were nearly ruined by the effects of DID. The book is not entirely dark; it provides hope and encouragement to DID victims and suggests how they can be helped through the support and understanding of others. It's also a practical guide for future clinicians, offering insight into a perplexing condition. West concludes with an epilog in which he lays out his theory that abused children can achieve a sense of wholeness through the understanding and acceptance of others and the reinvention of the self. Highly recommended for any public library.?Yan Toma, Queens Borough P.L., Flushing, NY  
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From Kirkus Reviews

A singular first-person account of the much-debated condition now known as dissociative identity disorder (DID)formerly termed multiple personality disorderby a man who professes to have 24 separate personalities, or ``alters." West was a successful businessman when he began hearing the voices that led him to a psychologist's office and eventually to the diagnosis of DID. Although he had no memory of childhood sexual abuse by his mother and grandmother, his alters did, and as his psychologist explains, their existence was his mind's way of coping with those experiences. Introductory thumbnail sketches of his 24 alters help the reader to keep straight this extensive cast of characters. Most memorable are Clay, an eight-year-old whose untimely appearances put a damper on Wests' lovemaking, and Switch, another eight-year-old, whose knife attacks on West send him repeatedly to the emergency room. Now a would-be novelist, West exercises his fledgling narrative skills here, not only relating his own strange tale briskly, but adopting an all-seeing eye for scenes where he was not present, e.g., his wife at a DID support meeting or with an admirer whose attentions threaten their marriage. While West's story is primarily about his bizarre condition and how it changed his life (he sold his Massachusetts home and business and moved to California, earned a Ph.D. in

psychology in order to better understand DID, spent time in psychiatric hospitals, and gradually came to accept as true the sexual abuse memories of his alters), it is also the story of a married couple dealing with one partner's mental breakdown and of how they handled the subject with their young son. The volume is illustrated throughout with pages from West's journal showing his alters' childish scrawls and drawings. DID skeptics may view this as an ingenious bit of fantasy; for those who found *Sybil* or *The Three Faces of Eve* believable and engrossing, this account will be even more so. -- *Copyright ©1999, Kirkus Associates, LP. All rights reserved.*

## **Users Review**

### **From reader reviews:**

#### **Thomas Schulz:**

This First Person Plural: My Life as a Multiple book is absolutely not ordinary book, you have after that it the world is in your hands. The benefit you will get by reading this book is usually information inside this guide incredible fresh, you will get details which is getting deeper you read a lot of information you will get. This First Person Plural: My Life as a Multiple without we recognize teach the one who reading it become critical in imagining and analyzing. Don't end up being worry First Person Plural: My Life as a Multiple can bring any time you are and not make your bag space or bookshelves' become full because you can have it in your lovely laptop even cell phone. This First Person Plural: My Life as a Multiple having great arrangement in word and also layout, so you will not truly feel uninterested in reading.

#### **Gregory Jager:**

Playing with family in the park, coming to see the marine world or hanging out with good friends is thing that usually you have done when you have spare time, after that why you don't try point that really opposite from that. Just one activity that make you not experience tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love First Person Plural: My Life as a Multiple, you may enjoy both. It is very good combination right, you still desire to miss it? What kind of hang-out type is it? Oh seriously its mind hangout men. What? Still don't get it, oh come on its known as reading friends.

#### **Amanda Bernard:**

Are you kind of stressful person, only have 10 or even 15 minute in your day time to upgrading your mind skill or thinking skill actually analytical thinking? Then you are receiving problem with the book in comparison with can satisfy your short time to read it because this all time you only find e-book that need more time to be study. First Person Plural: My Life as a Multiple can be your answer mainly because it can be read by you actually who have those short extra time problems.

#### **Billy Doyle:**

What is your hobby? Have you heard this question when you got learners? We believe that that question was given by teacher with their students. Many kinds of hobby, All people has different hobby. So you know that little person similar to reading or as looking at become their hobby. You must know that reading is very

important in addition to book as to be the factor. Book is important thing to include you knowledge, except your teacher or lecturer. You see good news or update about something by book. Amount types of books that can you go onto be your object. One of them is First Person Plural: My Life as a Multiple.

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