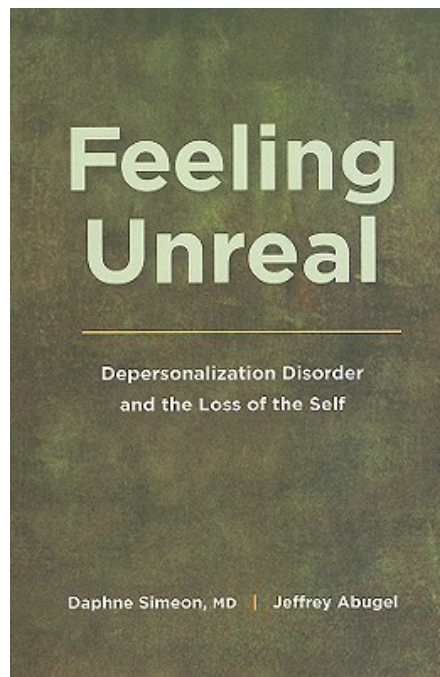




Feeling Unreal: Depersonalization Disorder and the Loss of the Self

Daphne Simeon

Download now

Read Online ➔

Feeling Unreal: Depersonalization Disorder and the Loss of the Self

Daphne Simeon

Feeling Unreal: Depersonalization Disorder and the Loss of the Self Daphne Simeon

Feeling Unreal is the first book to reveal what depersonalization disorder is all about. This important volume explores not only depersonalization, but the philosophical and literary implications of selflessness as well, while providing the latest research, possible treatments, and strategies for living and thriving when life seems 'unreal.' For those who still believe that such experiences are still a part of something else, that depersonalization is just a symptom and not a disorder in its own right, Feeling Unreal presents compelling evidence to the contrary. This book provides long-awaited answers for people suffering from depersonalization disorder and their loved ones, for mental health professionals, and for all students of the condition, while serving as a wake up call to the medical community at large.

Feeling Unreal: Depersonalization Disorder and the Loss of the Self Details

Date : Published April 20th 2006 by Oxford University Press, USA (first published April 1st 2006)

ISBN :

Author : Daphne Simeon

Format : Kindle Edition 235 pages

Genre : Psychology, Nonfiction, Health, Mental Health, Mental Illness, Self Help, Medicine, Psychiatry



[Download Feeling Unreal: Depersonalization Disorder and the Loss ...pdf](#)



[Read Online Feeling Unreal: Depersonalization Disorder and the Lo ...pdf](#)

Download and Read Free Online Feeling Unreal: Depersonalization Disorder and the Loss of the Self
Daphne Simeon

From Reader Review Feeling Unreal: Depersonalization Disorder and the Loss of the Self for online ebook

Julian Litke says

It was a moderately helpful read. It doesn't offer much in the way of an answer, but it does help you feel less alone.

Claire says

This book shows how little is known about depersonalization as the experience/disorder.

The author's cover everything from various theories and presentations, to examples in fiction, and treatment approaches. It's all a little thin, and ironically fragmented in it's delivery, imo. Not to say it's not well written. The author's accurately capture the potential impact such experiences can have on an individual through case examples.

I was wishing for some more in depth musings on it's development - particularly in relation to childhood trauma (as dissociative disorders are mostly linked to) but they really hold that theory equally with others. The treatment information rest almost in an atheoretical standpoint, spending most of the time on holding DPD as an anxiety-related disorder (not dissociative), expounding CBT interventions to treat it. Doesn't jive with my thinking about DPD.

Worth a read for those interested or invested in the topic. Heck, there isn't much else. I'd suggest The myth of sanity or The stranger in the mirror as first reads on the subject.

Moneim says

unique book about unique disorder

Lama El-Najdi says

This book describes DP/DR pretty accurately, and I wish it was in a pamphlet form so I could hand it out to people without having to explain what I'm going through. It's a decent book if you want to know what really is Depersonalization/ Derealization disorder, and it tells many stories of other sufferers that were pretty accurate and spot on in my case. I related to it on so many levels, however, if you have DP/DR yourself, I wouldn't recommend reading this book. While it will assure you that the thoughts in your head have echoed in other people's heads, it'll probably trigger you, as it triggered me. It's very difficult reading a book that accurately describes how you're feeling, and consequently goes on telling you that there isn't enough research on what you're going through, and there isn't a specific medication for your disorder, in spite of how popular it is. Another thing that's important to note is that the book mentions Lexapro as one of the SSRIs that have more or less aided 60% of their users, and having been on it myself, a) granted, I only took it a few times, however it increased my anxiety and insomnia b) it says directly on the description-paper-thingamajig that

one of its side effects is Depersonalization/ Derealization.

Angela Wade says

The medical terminology really knocked me sideways, but I learned so, so much!

Carolyn Zaikowski says

Interesting book with hard-to-come-across information about the psychological state of depersonalization, which is usually just framed as a subset of depression, anxiety, or PTSD, if it is recognized at all. But it is its own "mental illness" that takes over many peoples' lives and minds in a pathological way. Though it has appeared/been described in memoir, literature, philosophy, and psych theory for centuries, it's only very recently that psychologists have started really exploring the nature of it. This book is a good starter on depersonalization.

Melissa says

Helpful and informative, this book answered many of my questions in regards to Depersonalisation. Depersonalisation still remains a relatively vague area in mainstream psychological practises and help is hard to find. I'm very grateful that I was able to get my hands on this book when I needed it the most.

Anna says

This book may not be an extremely lightweight and easy read but it was worth the time invested. The depersonalization/derealization disorder is described thoroughly and in great detail. The author discusses all kinds of issues: history, possible triggers, symptoms, medical and psychological help available, all kinds of other possible treatments and explanations. There are plenty of stories and examples. Even though the book doesn't give you THE answer or any kind of ready-made solution (which is no wonder as none really exists), it gives you something equally worthwhile: hope and possibilities of dealing with depersonalization.

I highly recommend this book to anyone who ever suffered from this disorder or knows people who do.

Mehwish Mughal says

"Depersonalization disorder (DPD) is a thing unto itself. It is a condition that is inherently deceptive and contradictory, and yet, the common threads of a sense of unreality and the loss of the independent, individual self usually persist throughout its duration. Its symptoms are finite, clearly defined, and delineated after a century of study. But it remains highly misdiagnosed, misunderstood, or even ruled out completely as a disorder"

This book is a great introduction to understanding DPD and also provides a strange comfort to people like

myself who feel that they are alone in this. There is a long journey ahead for DPD before we begin to see any concrete solutions.

Tom Bensley says

For whatever reason, Depersonalization Disorder has remained largely unexplored and most people, including some mental health professionals, have never heard of it. Because of this, the disorder is often passed off as a symptom of anxiety, depression, trauma, etc. Daphne Simeon's book on the subject acknowledges this and delves deep into everything Depersonalization related, proving that DPD is very real and has been for a long time.

For me, the absolute best thing about this book was how it lifted me out of feeling utterly alone and helpless. As a sufferer, I had told few people about it and all of them, including my parents, had never heard of such an affliction and had no idea how to deal with it. On more than one occasion, it had been dismissed as anything serious. After reading Simeon's book, I felt less like an alien and more accepted in the world, I was no longer alone. Most of all, the book helped me realise I wasn't just making these feelings up, which I had always feared.

Feeling Unreal assures the reader that they are not insane and everything they are experiencing is very normal, which is a huge help, cliched as it may sound. There is extensive information on DPD throughout history, medication and the literature in which it has appeared, particularly existential texts which is an interesting read if nothing else. The countless case studies throughout, often taken from the Mount Sinai program, helped me because I could finally identify with others. I wasn't meeting these people, but after such a long time dealing with it by myself, these case studies were close enough.

While the book gives extensive information for anyone interested, my 3 star rating is solely because the book does not give any answers or definite remedies. This is not a failure on the writer's part, because there simply hasn't been any. There are some helpful ways to improve a sufferers situation, but the book ultimately ends up feeling like a stepping stone in the field, or a beginning point for more research to take off. Having said that, it is a wonderful beginning point and holds more information than anyone could hope for, it's just a shame that it left me wondering, "so how long will I have to wait for some real answers?"

Elisabeth says

This book gives a very good overview of depersonalization disorder (DPD) and derealization. It covers some of the history of this disorder and the constancy of symptoms over the last century, diagnoses, and some of the recent clinical research on DPD. There is a section on the biological aspects of DPD regarding the areas of the brain that are found to be affected, followed by a review of DPD in literature, such as Sartre's "Nausea." The book ends by discussing medication and psychotherapy treatments and the context of how those may or may not help DPD, ending with a few notes on the impact of this disorder on people and a FAQ.

This is a very informative book to gain a general understanding of DPD and put it in to context in comparison to other conditions. This is not a self-help book, though, with practical advice to help those who have DPD. Certainly, understanding DPD can be helpful, but this book is not intended to provide recovery. The primary purpose of this book is to collect disparate kinds of information in to one cohesive review of DPD. There are very valuable passages about the experience of DPD and the impact that it has on those who

live with it. It isn't too heavy with scientific jargon, but it may feel a bit dense in the brain section. If you want to understand a bit more about onset, recovery, and what we currently know about the biological factors inducing DPD, then this is a good resource.

Sorana says

This was very useful to me. It doesn't reveal you some magic trick that makes DPD go away, of course, but what it does offer you is a wide range of information about it- really interesting stuff, for me- and that can help you indentify what triggered the disorder, analyse yourself better and learn how to cope with it. It can also make you more optimistic about DPD, if you experience it, as you find out that people have been suffering from it and studying it for decades- so you're not alone. I only wish I'd discovered this book 4 years ago.

Subaru says

Very informative and well organized book. Chapter 7, Depersonalization in Literature and Philosophy, chaught my attention and proved quite educational and eye-opening. Highly recommended.

Tara says

I loved this book. Has the right amount of Information peppered with case studies and real- life experiences. A great intro into understanding the disorder. Simeon writes in such an easy to read way that anyone interested in disorder will eat this alive and devour it within days. She has listened to those who have been reporting these feelings of being unreal and dead and given them a voice.

For anyone who has ever had depersonalization, i highly recommend this as a starting point to realise you are not alone, you are not crazy, and persistence is key in getting the right diagnosis.

Omar Rodriguez-Rodriguez says

Delivers on its promise. This book covers the 101 of a disorder that's not that well known. I enjoyed the first and second part (clinical studies and philosophical implications) and skim over the last (medical/chemical treatments).

Feeling Unreal covered DPD in good depth and it's a great read for those curious (with or without formal training on mental disorders).
