

THE SUM OF MY PARTS TRUJILLO OLGA

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[The Sum of My Parts: A Survivor's Story of Dissociative ...](#)

"The Sum of My Parts" is the courageous account of Olga Trujillo's experiences with Dissociative Identity Disorder and the understanding of how her experiences led to its development.

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The Sum of My Parts is the story of Olga's courageous struggle to understand and overcome the psychological aftereffects of her abusive childhood and an inspiring look into the remarkable power of the human brain to protect itself at all costs. After years of relying on a complex network of fragmented memories in order to function and survive, Olga learns to integrate her parts through psychotherapy and begins to see the whole picture of her life for the first time. Today, Olga is an

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In *The Sum of My Parts*, Olga Trujillo gives us a rare and courageous look inside the psyche's response to trauma. This deeply moving book carefully reveals how Olga developed, lived with and eventually healed from dissociative identity disorder, and comes to thrive. It is a truly inspiring account of one woman's quest for happiness.

[The Sum of My Parts: A Survivor's Story of Dissociative ...](#)

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. [Wall-to-Wall Books: The Sum of My Parts - Olga Trujillo](#)

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.

[Olga Trujillo \(Author of The Sum of My Parts\)](#)

Olga Trujillo, *The Sum of My Parts: A Survivor's Story of Dissociative Identity Disorder*, tags: child-abuse, child-abuse-survivor, child-sexual-abuse, dissociation, dissociative-amnesia, dissociative-disorder, dissociative-identity-disorder, 2 likes . Like I opened my eyes and felt better, exhausted but relieved of a burden. The pressure to tell and the weight of the emotions had been

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Read "The Sum of My Parts A Survivor's Story of Dissociative Identity Disorder" by Olga Trujillo, JD with Rakuten Kobo. By the first day of kindergarten, Olga Trujillo had already survived years of abuse and violent rape at the hands of her

The Sum of My Parts ; A Survivor's Story of Dissociative ...

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