



Feeling Unreal: Depersonalization Disorder and the Loss of the Self

By Daphne Simeon, Jeffrey Abugel

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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.

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- Sales Rank: #70453 in eBooks
- Published on: 2008-11-07
- Released on: 2008-11-07
- Format: Kindle eBook



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Editorial Review

Review

"...Poignant accounts of depersonalization disorder can be found in *Feeling Unreal: Depersonalization Disorder and the Loss of the Self*. The comprehensive work by Simeon and Abugel consolidates over a century of research and philosophy on the enigmatic disorder. The result is a compelling and informative resource, equally relevant for mental health professionals and laypeople interested in the mysteries of the human psyche."--*Journal of the Neurological Sciences*

About the Author

Daphne Simeon, M.D., is an Associate Professor of Psychiatry at the Mount Sinai School of Medicine, New York, NY. For over 10 years she has been conducting clinical research in the field of dissociation, has received several grant awards, and has numerous peer-reviewed publications. She currently co-chairs an international task force that will generate new recommendations for the DSM-V classification of dissociative disorders. Jeffrey Abugel has worked as an editor and writer for more than 25 years. He has researched depersonalization and its relationship to philosophy and literature since the 1980s. He is a graduate of New York University's Washington Square College, and founder of the depersonalization-themed website, www.depersonalization.info. He is also a member of the American Medical Writers Association.

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