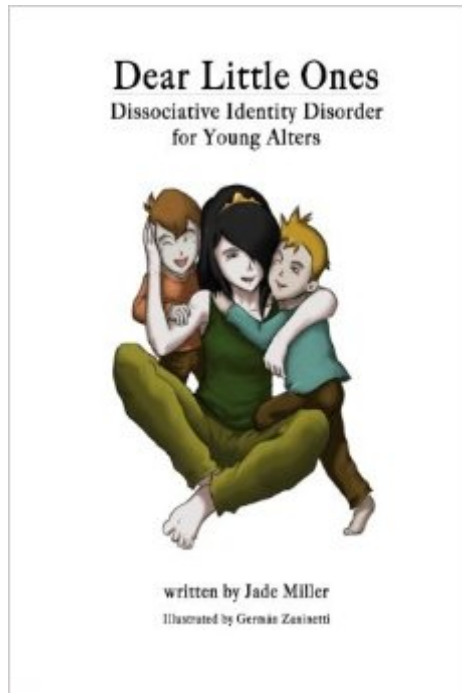


The book was found

# Dear Little Ones: A Book About Dissociative Identity Disorder For Young Alters



## Synopsis

A book about Dissociative Identity Disorder, written for young alters. The book helps young alters understand their experiences as part of a multiple system.

## Book Information

Paperback: 58 pages

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Product Dimensions: 6 x 0.1 x 9 inches

Shipping Weight: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (16 customer reviews)

Best Sellers Rank: #460,433 in Books (See Top 100 in Books) #63 in [Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders](#) #1260 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Personality](#)

## Customer Reviews

This is an amazing book for those with DID or those who love them or just anyone curious. It made me cry and laugh and helped explain a lot of things inside that I have been unable to do. Thank you Jade, you're our hero.

Wonderful book for kid alters. It is so very helpful. If you have DID or DDNOS or if you love someone who does, get this book! So beautifully written with clarity, kindness and compassion towards younger parts and towards the dissociative person's system as a whole. It is absolutely 5-stars, however, I do have to give a trigger warning: some of the pictures may be upsetting-- Especially if you have DID or DDNOS. There was one in particular that has a kid part positioned in a way that was clearly meant to be innocent and not triggering but still might be. Also, drawings were in a style similar to anime, which in and of itself, may be triggering to some people because of the sharp angles of the faces which do not always look completely human. Like I said, the story itself is still 5-star. I do hope that if the writer chooses to make more books (Which I do hope she will consider!) that she will avail herself of a better illustrator.

Dear Little Ones was a quick, beautiful, heartwarming read. I have never personally known anyone

with Dissociative Identity Disorder, especially not a child. But I have seen and realized how difficult everyday life can be for children with even the slightest bit of mental disorders. This world we live in, it is a mean place. Period. I especially loved how Jade Miller, in her beautifully simple writing, emphasizes on 'choice'. You can choose to talk if you want to or choose to stay quiet. You don't have to do things you are not comfortable with. I have always understood as a child and even now when I'm just about to turn twenty three, the importance of our choices. Knowing the simple fact, that you can choose, means a lot. "You always get to choose." So that struck a chord. I feel it's better that a parent or an older family member reads this book to or along-with the child. Snuggled together in a safe, comforting and loving atmosphere. I think that's how the author meant it to be read. It's a very warm book. Simple. Short. With beautiful illustrations. And warm.

This book was recommended to me by someone who is very familiar with this phenomenon. As a psychotherapist, I work with many clients who carry hurt, frightened child parts within themselves. I shared this book with one such client who felt that it spoke directly to her. This gentle little book appears to have potential to be a very helpful tool for people learning to calm themselves when they are presented with anxiety-producing situations. The only negative is in the title, which is why I gave it 4 stars rather than 5. Many people who could be helped by this book will be frightened away by the part of the title "A Book about Dissociative Identity Disorder." Many people in the process of understanding themselves are put off by being labeled.

I read part of the book to a Little One, who loved it and wanted to hear more during our next meeting. Thank you, Jade.

Love this book, very helpful for my therapy practise. I bought two; one for me and one for a friend with DID!

I believe every therapist who deals with DID should have a copy of this to loan to their clients. This is a sweet explanation of Dissociative Identity Disorder written as a children's book, appropriately enough, as younger alters are still in childhood. The style is reassuring and encouraging, and it ends on an empowering note. This is a great resource to have on hand for child alters - both for when they're emerging, and as a refresher or source of comfort later on. Well done.

Beautifully written and illustrated. A very useful tool for therapists or someone who has DID, wanting

a way to connect with their younger alters. Jade Miller has a magical way with words. Enchanting and empowering!

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Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety  
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Recovery is my best revenge: My experience of trauma, abuse and dissociative identity disorder (Collected Essays Book 2)  
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