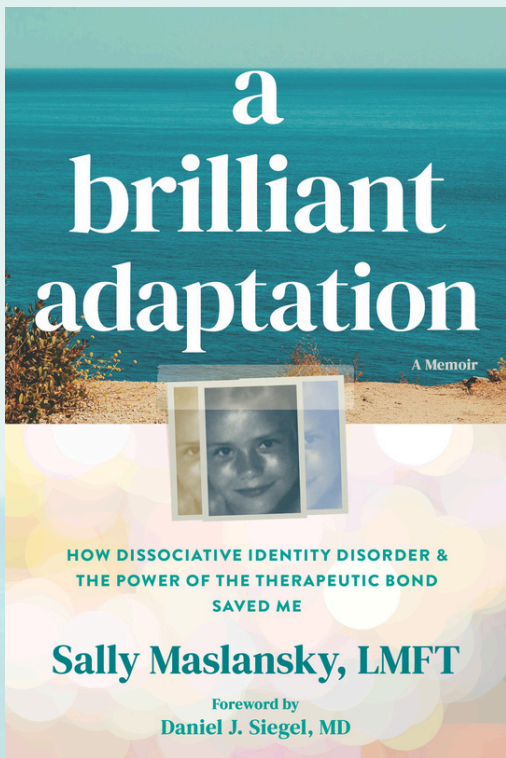


A Brilliant Adaptation



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“All in all, in my mind, MPD (Multiple Personality Disorder, now known as Dissociative Identity Disorder) was looking less and less like a disorder, more and more like a life-preserver—the very life preserver that Dr. Siegel had first told me it was. A brilliant adaptation. A life-saving response to unspeakably disturbed, cruel, and horrific abuse within an incestuous family.”

Sally Maslansky is living the perfect life: a beautiful home in Malibu, California, a successful Hollywood producer husband who adores her, and a recently adopted son she treasures. But when Sally begins to remember the sexual abuse she endured as a child, her world begins to unravel. In this gripping and provocative memoir, psychotherapist Maslansky shares how childhood trauma led her to develop dissociative identity disorder (DID), and how, with the help of renowned therapist Daniel J. Siegel, she finds hope, healing, and recovery.

SALLY MASLANSKY, LMFT

Sally Maslansky is a psychotherapist, author, and trauma survivor whose lived experience with Dissociative Identity Disorder (DID) profoundly informs her clinical work and writing. Diagnosed in her mid-thirties, she spent years in intensive therapy with Dr. Daniel J. Siegel, MD—treatment grounded in Interpersonal Neurobiology (IPNB), Attachment Theory, and Mindful Awareness Practices. Now a practicing therapist herself, Sally brings a rare dual perspective to the field—bridging the personal and the professional. A few years ago, she joined Dr. Siegel in his Mindsight Institute course, Sally lives and practices in Chapel Hill, North Carolina, where she continues her work in private practice and trauma advocacy.



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the Power of the Therapeutic Bond Saved Me

Author: Sally Maslansky, LMFT

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