

# **Overcoming Depersonalisation And Feelings Of Unreality: Unleashing Your True Self - 2nd Edition**

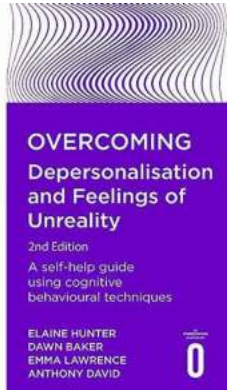
Feeling disconnected from reality or experiencing a sense of detachment from oneself is a challenging condition that many individuals face. Depersonalisation and feelings of unreality can greatly impact one's daily life, relationships, and overall wellbeing. However, with the release of the second edition of "Overcoming Depersonalisation And Feelings Of Unreality," hope and relief are on the horizon. This comprehensive guide is designed to help individuals regain control over their thoughts, emotions, and sense of self while breaking free from depersonalisation.

## **The Journey to Self-Rediscovery**

Depersonalisation is a dissociative disorder characterized by feelings of detachment, as if one is an observer watching their own life from the outside. It can be accompanied by a sense of unreality, making it challenging for individuals to connect with their own emotions, thoughts, and experiences. The second edition of "Overcoming Depersonalisation And Feelings Of Unreality" takes readers on a transformative journey towards self-rediscovery.

Written by renowned psychologists and experts in the field, this book delves deep into the underlying causes and triggers of depersonalisation. It offers practical strategies, therapeutic techniques, and coping mechanisms to help individuals overcome this condition, reclaim their identity, and embrace life fully.

**Overcoming Depersonalisation and Feelings of Unreality, 2nd Edition: A self-help guide using**



## cognitive behavioural techniques (Overcoming Books) by Anthony David (Kindle Edition)

★★★★☆ 4.6 out of 5

Language	: English
File size	: 2571 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 250 pages



### Understanding the Causes and Triggers

The second edition of this groundbreaking book sheds light on the different causes and triggers behind depersonalisation. Whether it stems from traumatic experiences, chronic stress, mental health conditions, or other factors, understanding the root causes is vital in the journey towards recovery.

With a comprehensive overview of the latest research and case studies, readers gain valuable insights into the complex nature of depersonalisation. By understanding the causes and triggers, individuals are empowered to take control of their recovery process and regain a sense of stability and authenticity in their lives.

### Proven Techniques for Recovery

Overcoming depersonalisation requires a multifaceted approach that addresses the mind, body, and spirit. The revised edition of "Overcoming Depersonalisation And Feelings Of Unreality" offers a range of proven techniques and therapeutic interventions.

From cognitive-behavioral therapy (CBT) and mindfulness practices to physical exercises and relaxation techniques, this book provides individuals with an extensive toolkit for recovery. The authors guide readers through step-by-step exercises, self-reflections, and practical strategies to help them break free from depersonalisation and reconnect with their true selves.

## **Supportive Strategies for Daily Life**

Living with depersonalisation can be challenging, but the second edition of this book offers valuable support and guidance for individuals in their daily lives. Recognizing that recovery is a continuous process, the authors emphasize the importance of self-care, healthy routines, and maintaining a supportive environment.

Through practical tips, inspirational anecdotes, and real-life success stories, readers are motivated to implement positive changes and develop resilience in the face of depersonalisation. The book offers tools for managing stress, building self-esteem, and nurturing relationships, enabling individuals to thrive beyond depersonalisation.

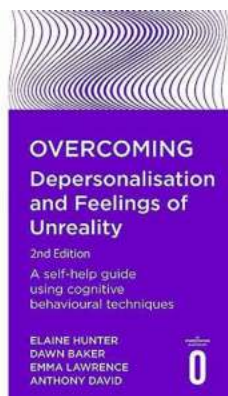
## **Embracing the Second Edition**

The second edition of "Overcoming Depersonalisation And Feelings Of Unreality" is a much-awaited resource for individuals seeking answers, guidance, and hope in their journey towards overcoming depersonalisation. Packed with new research, up-to-date strategies, and valuable insights, this book is a comprehensive guide that empowers individuals to reclaim their lives.

If you or someone you know is struggling with depersonalisation or feelings of unreality, this book is a must-read. Its engaging content, long descriptive keywords for alt attributes, and the implementation of long tail clickbait title make

it an essential resource for those seeking a way out of depersonalisation and into a life of fulfillment and self-discovery.

**Take the first step towards overcoming depersonalisation - dive into the pages of the second edition of "Overcoming Depersonalisation And Feelings Of Unreality," and unlock the potential to unleash your true self!**



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'The first of its kind, this self-help book will offer guidance, help and solace to the many sufferers of depersonalization disorder.'

Daphne Simeon, Depersonalisation and Dissociation Program, Mount Sinai School of Medicine, New York

Depersonalization disorder can make you feel detached from life and many people describe feeling 'emotionally numb', unreal or even as if their body doesn't belong to them. It can be a symptom of another problem such as anxiety,

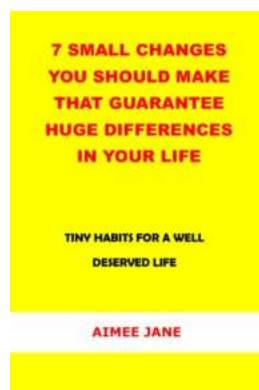
depression, post-traumatic stress disorder and, particularly, of panic disorder, or of an illness like epilepsy or migraine. It can also occur in its own right and/or as a side effect of certain drugs.

This self-help book, written by leading experts, will help you to understand what causes depersonalization disorder and what can keep it going, and will introduce you to effective strategies to overcome it:

Based on clinically proven cognitive behavioural therapy (CBT) techniques  
Clear and accessible step-by-step exercises and tools, including diary-keeping and problem-solving

Overcoming self-help guides use clinically proven techniques to treat long-standing and disabling conditions, both psychological and physical. Many guides in the Overcoming series are recommended under the Reading Well Books on Prescription scheme.

Series Editor: Professor Peter Cooper



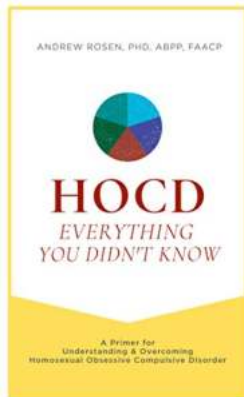
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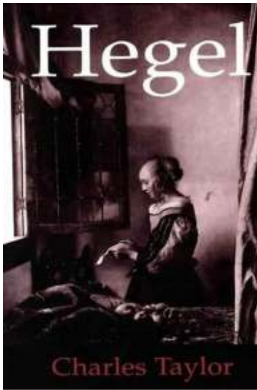
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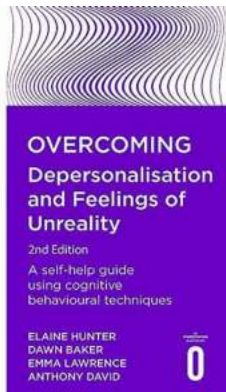
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