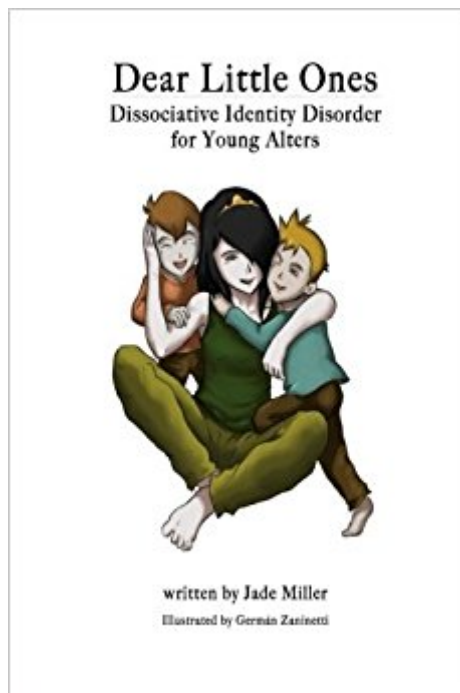




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# Dear Little Ones: A Book About Dissociative Identity Disorder For Young Alters



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

Average Customer Review: 4.9 out of 5 stars 19 customer reviews

Best Sellers Rank: #681,791 in Books (See Top 100 in Books) #83 in [Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders](#) #1744 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Personality](#)

## Customer Reviews

It was a joy and privilege to write Dear Little Ones, and I've been extremely grateful to hear that the book has been found helpful to many people. All multiples and all alters are valuable and I hope this book helps each system give every part a voice.

Jade Miller is a blogger, artist, SRA survivor, and member of a poly-fragmented DID system. She desires to bring education and awareness about the reality of SRA/DID to the public and increase number and availability of resources to survivors for healing.

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.

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.

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.

I am a psychotherapist who treats clients with Dissociative Identity Disorder. I bought several copies of this book to give to those clients. I read the book to the little ones within several of my clients, and they loved it! The little ones were so excited to take a copy home so they could read it whenever they wanted. Jade talks directly to these parts and her book opens up conversations with the little ones that allows them to gain understanding and acceptance on their healing journey. I cannot wait for this author to write more books addressing the realities of having DID, if they turn out to be as helpful as Dear Little Ones I will definitely be using them as therapeutic tools. Diana Osborn, MA, LPC

We soooooo need books like these! What an important resource and narrative for those who struggle with dissociation disorder of any type and needs help to understand the concept of inner parts/Littles that developed to help us survive trauma and are now poking through. This book addresses the Littles and the adult holding those wounded parts in a way that can make sense to both and help them through the healing process. Good stuff and done in a thoughtful and effective manner. Thanks Jade!

I've read it to my littles several times. Even my counselor has read it to my littles and said she was going to go buy it to read to her other clients.

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.

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

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