



# Overcoming Depersonalization Disorder: A Mindfulness and Acceptance Guide to Conquering Feelings of Numbness and Unreality

*Katharine Donnelly, Fugen Neziroglu*

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## **Overcoming Depersonalization Disorder: A Mindfulness and Acceptance Guide to Conquering Feelings of Numbness and Unreality** Katharine Donnelly, Fugen Neziroglu

When you have depersonalization disorder, nothing seems real. You may feel detached from reality, even from your own thoughts, as though you are going through the motions of living without ever being truly connected to your experiences. Whether your depersonalization developed after a traumatic experience or is something you've always lived with, this book can help you reconnect with life again.

*Overcoming Depersonalization Disorder* can help you diagnose the type and degree of your depersonalization disorder, come to understand why it developed, and cope with your symptoms using practical skills drawn from acceptance and commitment therapy (ACT), dialectical behavior therapy (DBT), and mindfulness-based cognitive therapy (MBCT).

Ready to feel real again? Put the practical skills in this book to work in your life right now and start reintegrating yourself back into the world and reconnecting to your own vibrant thoughts and feelings.

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