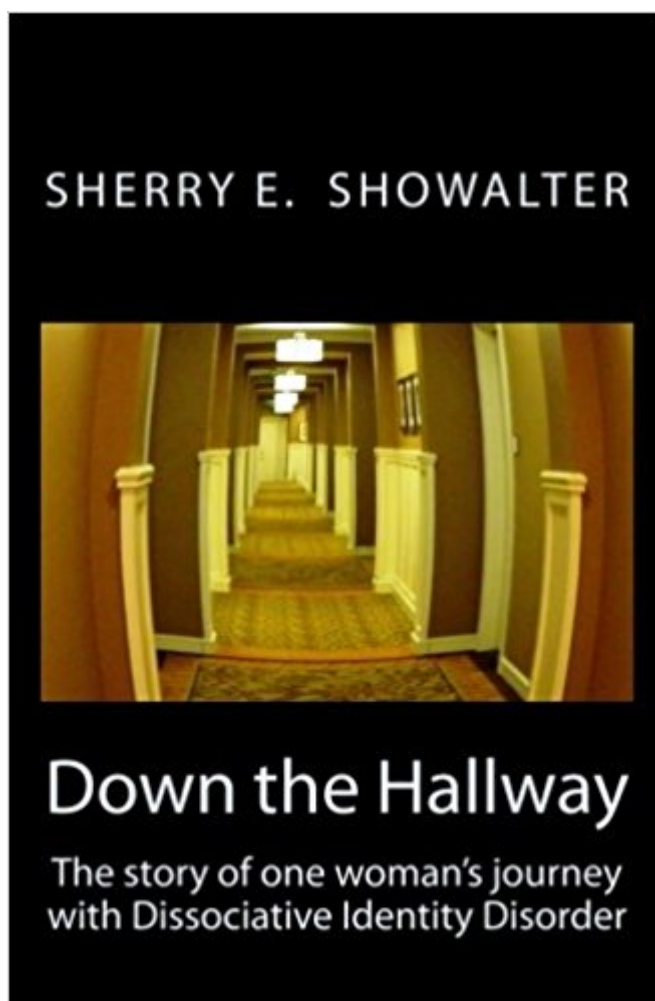


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# Down The Hallway: The Story Of One Woman's Journey With Dissociative Identity Disorder



## Synopsis

This is a book of one woman's courage; her multiple personalities that found their way out during therapy. It's a story you will become involved in, a journey that exposed a life long struggle through abuse, black outs, loss, grief and victory. Charmaine and her therapist travel together, down a long hall with many secret doors, within Charmaine's brain. As Charmaine questions her sanity, the journey she embarks upon unearths a living nightmare. Her therapist discovers the many personalities that live within her. It is sensory, it is emotional, it is timely and topical... it is real life in its fluidity of movement. Working together, in seemingly endless and unexplored territory; Charmaine discovers clues to those who coexist in her complex brain. The reader will witness Charmaine's fears, angst and desperation. Each page will draw you into more as you question the fragments that describe her day to day experiences, coming face to face with her Alters. As you turn page after page, uncovering memorizing, often breathtaking moments in the journey into Charmaine's world. Join Charmaine, her Alters and her therapist as they walk through this personal hell, to emerge into the light of healing. From one riveting moment to the next, you will not be able to put this book down. Down The Hallway, you "won't want to put it down" according to the reviews!.

## Book Information

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## Customer Reviews

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Welcome to Down The Hallway, to the world of Dissociative Identity Disorder, to the world of Charmaine. This has been an experience of writing, living, and learning in ways that I will hold

sacred the rest of my life. As I wondered about writing it, as it has now been completed I have sat with all three books gazing at them when it struck me... All three have a Universal theme that runs through them. They all speak loudly to "SURVIVING LIFE" each in their own light, their own way. As I looked carefully at their covers I was struck by the intensity of those I have been honored to know, personally and professionally; those who have given me the stories in hopes that another will feel validated, know they are never alone. Yes I now know, through caregiving, through trauma, perceived or real threat of loss there is a Universal Connection that ties people together. It is the need of another to at times walk alongside of you, as a guide, a counselor, a therapist perhaps. It is the need of validation of a person's story, pain, triumphs that connect us in spirit. *Down The Hallway* is a book of one woman's courage as she asked quite simply, "am I crazy". She was so much more as together we journeyed into the realm of the brain, the hallway in her head only to discover Alters that had saved her precious life. I needed new moccasins along the way as the journey was sometimes rocky, often unfamiliar turf, and filled with unknowns... together we walked. Once again, I learned the resiliency of the human spirit as I kept my eyes wide open, my ears perked and my heart in my chest. Charmaine did the hard part, she walked through hell. She ended our time better than she began it, I a better person and professional as a result of it.

I worked in the human services field for 27 years and have read many books on dealing with individuals who have experienced trauma but by far this is the best book that I have read on the subject. Through Dr. Showalter's work with Charmaine, we learn that she is beautiful, resilient and authentic. Her willingness and desire to take you down the hallway so that she could uncover the origins of her abuse is testimony to her courage and determination to find peace and clarity. I felt as if I was walking with both Charmaine and Dr. Showalter, down that hallway, This is a book that once you pick up, you will not want to put down. Charmaine's journey will inspire anyone who has dealt with or is currently dealing with challenging life circumstances. This is a book that should be required reading for every college student in America who is thinking about going into the human service field and for any professional in the field. Dr. Showalter is a gifted, skilled and intuitive therapist who knows how to invite individuals into the process of therapy, create a safe environment, empower them to find their own truth and ultimately take responsibility for their healing. Dr. Showalter also demonstrates the power of creative, out of the box thinking in working with individuals with challenging histories. She also allows us to see Charmaine as a person with innate gifts, that transcends diagnostic labels, which ultimately may be the greatest teaching in her book.

Down the Hallway is one of the most intense reads that I have encountered in a long time. I wanted to keep reading on and on and on but you almost have to sit the book down (it has a force all its own, trust me!), take a "breather", sleep on it and then resume the next day - if only to let the story of Charmaine swirl in your brain for a bit. There are so many "characters" to absorb and delight in. I found all the twists and turns absolutely mind-blowing. Dr. Showalter has done a superb job in bringing Charmaine's alters to life. You can almost feel yourself on the motorcycle with J.R. Do NOT miss this book - it is a 5 star in my world. Read it in 3 days and still thinking about the mysteries and marvels of Charmaine's brain and the many hallways that housed her memories in human form. The brain is truly an amazing thing. This book is a magical mystery tour of the marvels of the organ that we call our BRAIN. Good job Sherry!

I ordered this book in order to better understand the mental health challenges of a close friend. I was appalled by this book. I must assume it is self published as surely no self respecting editor would allow such writing to represent his/her publishing house. The book's writing style was so informal and so self congratulatory that it was literally impossible to discern what information, if any, the author was trying to give. Additionally, the obnoxious habit of quoting herself in darker print severely obstructed any information that she might have been sharing. This may have been a very useful, compelling story, however the amateur quality of the writing made it impossible to read.

DOWN THE HALLWAY... I am avid reader. That being said, "Down the Hallway " is one of the most enthralling, informing and amazing stories I've ever read. The book flows with ease and intensity. The author's free format style captures your attention immediately. I became enticed by the of compassion and horror that unfolded with each turn of the page. Truly , the hours flew by as my mind was totally engaged in the story of Charmaine and her heroic effort to piece together the puzzle of the Alters alive in her brain. I now understand DID .. and found myself cheering for her and her Doc as they ventured into the complex hallways of Charmaine's brain. I am now re-reading for the second time, it was THAT brilliant !

Following a survivor's triumph was encouraging, however the format of the book was irritating...first you read about situations from the therapist point of view, then you read the same thing from the patients view, but it is almost verbatim the same thing you just read...over and over and over again...throughout the whole book....it was mind numbing to me...overall the story was good.

I thoroughly enjoyed reading this book and I learned about DID which I did know or understand. The writing and the story kept me engaged and I could feel Charmaine's angst. The "alters" were distinct with their individual personalities and traits. Dr. Showalter's own story within illustrated her own experience in working with Charmaine. Her calmness, humor, kindness and caring was extraordinary. Once you start reading this book, you won't want to put it down. This is a great read!

Down The Hallway is the gripping, emotional, and oh so hopeful journey of a woman with Dissociative Identity Disorder (DID). You will come to love and honor Charmaine and all her alters. The reader will be guided through this journey by Charmaine, her alters, and her therapist (and author), Dr. Showalter. Honestly, I had to put this book down a few times as I realized I was holding my breath! Whether you are DID, know someone who is DID or simply celebrate and appreciate the mind's extraordinary resilience and ability to heal, this is a true gem of a book. I highly recommend!

I am half way through - cannot put this down. It is like Sybil meets the Dali Lama meets Mommy Dearest - INTENSE but SO Good. I love the format of journal entries - an entry from the "Doc" and an entry from the patient. So it flows really well and is just REALLY GOOD. This apparently is a TRUE story and my god this poor amazing brave woman - I cannot wait to see how she gets better. -i hope she got better!!!

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