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*The Myth of Sanity Divided Consciousness and the Promise of Awareness* by Martha Stout, Ph.D. PREFACE The idea of earning a doctoral degree, which later turned into a lifelo ng career in the psychology of trauma, was first suggested to me by my fath er's mother, who was born a quarter of a century before women had the right

**THE MYTH OF SANITY**

**THE MYTH OF SANITY DIVIDED CONSCIOUSNESS AND THE PROMISE OF AWARENESS** by Martha Stout  
RELEASE DATE: Feb. 1, 2001  
Therapist and teacher Stout (Psychiatry/Harvard Medical School) gracefully explores the phenomenon of dissociation.

The Myth of Sanity: Divided... book by Martha Stout

*The Myth of Sanity* (2001) dispels the idea that only “ crazy ” people experience dissociative states – periods of time in which we might forget where we are, lose track of time, or even have out-of-body experiences. Though we might not all have endured the overt

instances of abuse that often lead to dissociative disorders, we are nevertheless shaped by traumas both big and small throughout our lives.

The Myth of Sanity: Divided Consciousness and the Promise ...

The Myth of Sanity: Divided Consciousness and the Promise of Awareness eBook:

Martha Stout:

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reaction-multiple personality-  
is more common than we  
think.

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By Hermann Hesse - Jul  
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the myth of sanity is a

landmark book about  
forgotten trauma

dissociated mental states  
and multiple personality

in everyday  
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1) The presence of two  
or more distinct identities

or ego states "each with  
its own relatively

enduring pattern of  
perceiving, relating to,

and thinking about the  
environment and self".

This occurs in an

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individual for whom at least one of these ego states "recurrently take control of behaviour."  
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