



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

*Martha Stout*

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## **The Myth of Sanity: Divided Consciousness and the Promise of Awareness** Martha Stout

Why does a gifted psychiatrist suddenly begin to torment his own beloved wife? How can a ninety-pound woman carry a massive air conditioner to the second floor of her home, install it in a window unassisted, and then not remember how it got there? Why would a brilliant feminist law student ask her fiancé to treat her like a helpless little girl? How can an ordinary, violence-fearing businessman once have been a gun-packing vigilante prowling the crime districts for a fight?

A startling new study in human consciousness, **The Myth of Sanity** is a landmark book about forgotten trauma, dissociated mental states, and multiple personality in everyday life. In its groundbreaking analysis of childhood trauma and dissociation and their far-reaching implications in adult life, it reveals that moderate dissociation is a normal mental reaction to pain and that even the most extreme dissociative reaction-multiple personality-is more common than we think. Through astonishing stories of people whose lives have been shattered by trauma and then remade, **The Myth of Sanity** shows us how to recognize these altered mental states in friends and family, even in ourselves.

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