

## The Path, Brighton

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Tel: +44(0)1323 521555 | Fax: +44(0)1323 521666

### ADVANCE INFORMATION SHEET

<b>TITLE</b>	<b>Talking to My Selves: A Journey into Awareness</b>
<b>ISBN</b>	<b>978-0-9563386-0-0 PRICE: £18.99</b>
<b>AUTHOR</b>	<b>Betty Hughes PUBLISHER The Path</b>
<b>PUBLICATION DATE</b>	<b>17th April 2010</b>
<b>CATEGORY</b>	<b>Autobiography, psychotherapy; CVC, FSX, MMJT</b>
<b>SPECIFICATIONS</b>	<b>Hardback, sewn, 234 x 156mm, c264pp, illustrated</b>
<b>WHO WILL BUY THIS BOOK?</b>	<b>Psychotherapists, those with an interest in dissociative disorders.</b>

Betty Hughes has written a unique, extraordinary and important book. It is a story showing the devastating effect which religious indoctrination, combined with early childhood trauma has on the development of the person. The gift of the book is the way in which Betty, burdened by the crippling weight of guilt and shame and impoverished by a sense of detachment from her central self, is able to describe the never-ending struggle to find meaning and purpose in life. The long journey through psychotherapy and a variety of personal growth models makes fascinating reading, not least because hope kept blossoming only to be blotted out by recurring despair. Liberating her creativity in exciting models of expressive art was a break through and the latest research into dissociative disorders finally enabled her to come to terms with the way in which she survived early trauma.

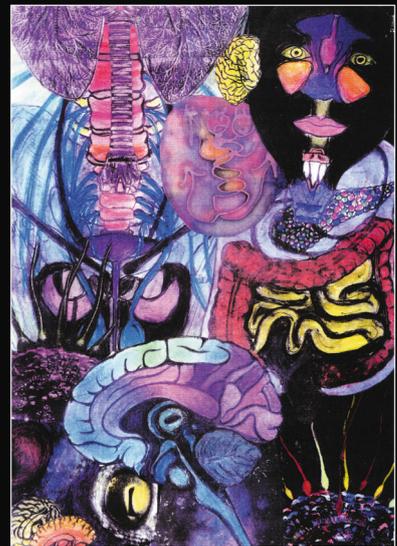
**THE AUTHOR:** In her late forties Betty Hughes was utterly frustrated by the sheer meaninglessness of life. She was a workaholic: this provided her with a goal and a channel for her energy but her emotional life was a chaotic disaster. She seemed to be controlled and manipulated by deeply laid patterns that had no cohesion. She seemed to have no say whatsoever in regard to her feelings and responses, and, however hard she tried, genuinely meaningful experiences and relationships eluded her.

This book started out as a therapeutic exercise that kept pace with her personal journey. Each time she faced a blank wall in her therapeutic endeavour the manuscript was flung aside: all meaning, purpose and relevance disappeared. She was back in a state of doom and gloom: her past was irredeemable, her conflicts irreconcilable, there was no energy in the project and no prospect of any rekindling of desire to continue with the task. Yet, there was always a very stubborn, relentless, tenacious child self who refused to be put down or defeated. This is her story – the story of her triumphant journey.

'Betty had been able to welcome the progress in treatment and research on post-traumatic stress disorder, dissociation and attachment theory in the last decade and sees it as providing further backing for her account. The book spares the reader the unbearable toll of trauma that causes DID. There is no gratuitous dwelling on pain and the multiple causes for fragmentation... This leaves the powerful artwork to communicate in the spaces where words might have been too hurtful. The story is not over. Betty and Co are vibrantly alive and present. Here's to the start of 'the best' new decade for Betty.' *Dr Valerie Sinason Phd MACP M Inst Psychoanal, Director, Clinic for Dissociative Studies*

'I have been very moved and also inspired by your words. You have produced a remarkable work which has the potential to help many people.' *Fay Maxted, The Survivors Trust*

### Talking to My Selves A Journey into Awareness



**Betty Hughes**

This The Path book production is managed by Amolibros - Jane Tatam tel/fax 01823 401527  
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