



## Brat: Diary of an Ego State

By Alan G Marshall

Grateful Steps, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.No one knows how it happens. But for some people who are painfully abused, a separate part of the brain emerges and takes on the portion of the pain that is unbearable. An advantage is that the person does not have to live daily with the keen awareness of the pain, which could destroy his life. A disadvantage is that the pain is not really gone, and causes vague physical and mental symptoms that make no sense minus the memory of the abuse. In this book, that other part of the brain keeps a diary, not only of the abuse, but also the therapy that intervenes to help with the healing.



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