



## Fractured

*Ruth Dee*

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## Fractured Ruth Dee

Ruth Dee is one of the most extraordinary people you will ever meet. She is 50 years old, and was for 30 years a respected teacher and educational manager. She is married with three grown children. But ever since she was four years old, Ruth has lived with other people in her head. Ruth isn't certain when the sexual abuse started but her first memories are of being assaulted by her grandfather, so it was certainly happening by the time she was four. Her response to the massive trauma was to detach herself from it completely.

Unconsciously, she invented an alter ego to take her place and take her pain. The technique was so successful that she continued to invent personalities to deal with anything stressful that happened to her. And a lot of awful things happened. Her father abused her too; her mother was severely mentally ill, and for years, as the personalities inside her mind multiplied, Ruth was terrified that she too was mad. On the outside, Ruth grew up to be a successful adult, but inside, all was chaos. Eventually she could no longer cope and she suffered a breakdown. Since then she has learned how to manage her condition and these days she works with research psychologists to increase the understanding and treatment of Multiple Personality Disorder.

## Fractured Details

Date : Published February 1st 2009 by Hodder & Stoughton (first published January 1st 2009)

ISBN : 9780340978979

Author : Ruth Dee

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## From Reader Review Fractured for online ebook

### **Lenah says**

interesting story from a MPD sufferer, but the writing style is a bit boring. However I realise it's not a fiction and written by the person herself and she deserves a big thumb up for her bravery in revealing her difficult past.

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### **Samantha Lembo says**

A confronting autobiography- this was hard to read in places because the abuse Ruth suffered was so horrific and sad. An interesting read about abuse, mental illness, .... But also about hope and love.

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### **Diane Schlichting says**

This was an amazingly inspiring read. The abuse Ruth went through was shocking, but even more amazing is that she survived, albeit with multiple personalities. Despite her struggles with mental health she managed to have a family and a career in education. Remarkable! A truly inspiring story for anyone who has mental health issues themselves.

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### **Lynette says**

Phew, this was harrowing! Very interesting though and I am not surprised she couldn't cope with all that was happening to her without developing severe mental health problems. It is amazing that she could hide it so well from other people. I do hope she has found a lot more peace in her life by now. Would be great to have an update.

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### **Chanel Du says**

This is a very fascinating book. But not for the sensitive reader. the author pulls you into her world with horrible, gruesome facts about her childhood. you walk with her as you read this book, and more often than not you are disgusted and repulsed by what she reveals. it is a miracle that she survived.

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### **Rebecca Jane says**

Confronting...that is the word I would use to describe this book. I went into this knowing it was a true story and was shocked at all the things that happened throughout this girls life. I think Ruth is really a strong woman for beating this and is even stronger for being able to write a book about it.

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### **W.J. Gunning says**

A powerful journey from abuse to strength.

Early horrific abuse lead to a splintering of the author into many selves.

The journey back to wholeness is told with honesty and power.

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### **Syafiqah says**

Shocking and disturbing. I had to pause at some parts (read: many) a few moments to digest what the author had told. It is about time when you have chances to read stories about what and how people with psychiatric illnesses went through in life in details. Their struggle to act and think normally or at least make people to believe so.

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### **Mirelle says**

I highly recommend everyone to read this book, especially those of us living with mental illness. This is a woman who took all the crap that happened to her and used it to better her world. She inspiring, sensible and strong. This is one of the books that inspired me to be brave and go back to uni.

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### **Diane says**

For personal reasons, the author has chosen to use the pseudonym 'Ruth Dee'. The abuse she suffered was ... there is no word that can adequately describe ... hideous and vile. It makes my mind reel to even try to put it down in words here. As a coping response her mind created alternate personalities (Multiple Personality Disorder) to try to deal with it all. She managed to coexist with her 'alters' until her late 50s when she had a breakdown. She no longer needed their intervention, but she was unable to stop their participation in her life. Through therapy she finally began to mesh the pieces together again.

I felt that 'Ruth' spoke about her life in a down-to-earth manner. She worked for many years in education, was married, and had children ... all while dealing with the 'alters'. Amazing.

If you have trouble reading about child abuse (especially sexual abuse), you might not wish to read this book. The abuse is horrific, and begins at a VERY young age.

If you have an interest in Multiple Personality Disorder, you would probably find this book intriguing.

If you enjoy memoirs that are about overcoming extreme adversity, and emerging on the other side, you would like this book.

My copy of this book (same ISBN) has a different cover. I'd add a photo in my review, if I knew how to do so! ... lol

3 Stars = I **liked** the book. I enjoyed it. I'm glad I read it.

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### **Kylie says**

The ongoing horrors this poor girl experienced, and from those who she should have been able to trust and who should have protected her, is just completely overwhelming. It was so hard to READ about what happened to her and to know that it was true..and in some cases toned down for the book...is just heartbreaking. Her ongoing struggle makes for compelling reading.

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### **Sydne says**

The recounting of the torture and abuse the author had to go through js beyond belief and anything one would think a person can endure. The psychological damage Ruth Dee is left with is therefore no surprise and similarly beyond belief. Her description of her mental health problems, Multiple Personality Disorder (MPD) as a result of her abuse, is a very interesting and well written account. A gripping, yet hard going book.

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### **Kristine Lopez says**

This book is totally disturbing.

What with all those things that has been done to the girl at an early age?!?

Who would've even thought that was possible!

And the very root of this acts are her parents!

I can't believe PARENTS will do those things to THEIR OWN CHILD!

Anywany, this book is for those Psychos out there.

HALT! Psychos, as in those people studying Psychology like me :)

And also to people who are interested in knowing more about Multiple Personality Disorder / Dissociative Identity Disorder.

Just a warning to those who are planning to read this:

Get ready to be revolted by some scenes here and some ideas on how she had MPD/DID. SOME THINGS AREN'T JUST SO BELIEVABLE TO BE HAPPENING IN REAL LIFE... knowing that this is a TRUE STORY.

That's all.

ENJOY! :D

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### **Misty Battle says**

As I sit here trying to write this review, I am at a crossroad. I am so angry at these people that abused and allowed a child to be abused for their amusement I could scream. Then I want to wrap my arms around Ruth and cry with her. I see some of myself in Ruth, as I was molested as a child. I suffered at the hands of a trusted relative and had my love ones suspect it, but never did anything. You might survive the abuse, but the scars remain forever. After reading this book I couldn't sleep. All I could do is pray that Ruth is finding a healing place and with loved ones to help repair her bruised soul.

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### **Dv Jean says**

beautiful story .

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