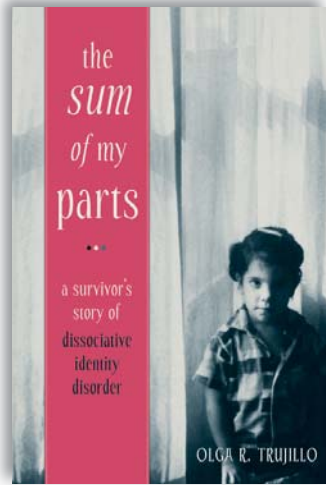


## A moving story of how one little girl's mind tried to protect her from the horrors of abuse.



*“Sometimes I feel like I’m in a secret club whose members understand each other in a way that no one else can. When talking with others in this club, I can say, “My mind looked like a house with many doors.” They might respond that their mind was like a bus or like a series of cupboards. Saying something about having parts and having the person in front of me nod his or her head is unlike anything I can describe. In that moment, we know we are not alone.”*

**Olga's  
Inspirational  
Story**

**THE SUM OF MY PARTS** is the story of **Olga Trujillo**, an attorney who was diagnosed at the age of 31 with dissociative identity disorder, a condition (formerly known as multiple personality disorder) that is characterized by a severe form of dissociation, a mental process which produces a lack of connection in a person’s thoughts, memories, feelings, actions, or sense of identity. In her powerful memoir of survival and self-reclamation, Trujillo recounts a childhood filled with the horrors of rape, abuse, and incest; a situation so traumatic that as a very young child she learned to create “parts” to help her deal with and then forget the abuse she suffered at the hands of her father, brothers, and others. From the outside she seemed like an average child, though she was often the object of concern to caring adults who seemed to feel that all was not right at home. However, they could not prove the abuse was happening, and young Olga’s brain sheltered her from the memory of it, until the time finally came when the truth could no longer be contained. By then in her thirties, Olga Trujillo began the devastating process of remembering the truth about her childhood.

**THE SUM OF MY PARTS** is also a story of strength, love, and survival. Trujillo chronicles her heroic journey from victim to survivor, and later to tireless advocate. This brave, unadorned memoir charts the author’s triumph over abuse, trauma, and mental illness and will inspire anyone who reads it.

*“Olga Trujillo reminds us what living with integrity and courage really means. The story of her survival is truly extraordinary and an inspiration to all of us.”*

—Rosalind Wiseman, author of **Queen Bees and Wannabes**

**NEXT: About the Author & Suggested Interview Questions**

**FOR AN INTERVIEW REQUEST or  
MORE INFORMATION CONTACT:**

Earlita Chenault 510-594-6142  
earlita.chenault@newharbinger.com

**THE SUM OF MY PARTS**  
A Survivor's Story of Dissociative Identity Disorder  
Olga Trujillo / October 2011  
ISBN-13: 978-1-57224-9912 / Paperback/ \$18.95 / 6 x 9 / 248 pp



## Olga Trujillo: Survivor & Advocate

**OLGA TRUJILLO** is an attorney who, after 12 years with the U.S. Department of Justice, left to work with communities on trauma, domestic violence, child abuse, and sexual assault as well as immigration and human trafficking issues.

About the  
Author

As a consultant, trainer and renowned speaker, she has worked with national organizations addressing issues of violence against women and children and, in particular, the co-occurrence of domestic violence and child abuse. Olga Trujillo has also appeared in several videos including Cut it Out, a training video on domestic violence, and A Survivor's Story, a training video based on her personal experience and live presentations.

Trujillo is a recipient of the Bud Cramer Leadership Award given by the National Children's Alliance for her work to help professionals better understand the impact of violence on children. She is also a recipient of a Sunshine Lady Foundation Peace Awards for her work for battered women and their children. *Latina* Magazine featured Trujillo in its August 2006 issue for her survival and her work on these issues.

Olga Trujillo lives on a small farm in Wisconsin with her partner and their dogs and cats. Visit her online at [WWW.OLGATRUJILLO.COM](http://WWW.OLGATRUJILLO.COM).

### Suggested Interview Questions

1. What age were you when you began to be abused by your father?
2. What is dissociative identity disorder? How did you develop it, and how did it function during your childhood?
3. Did your mother know about the abuse? What did she do?
4. You had some very positive adult influences on your life as a child. Who were they, and did they suspect what was going on in your home?
5. How old were you when your father died? Did the abuse cease after his death?
6. You describe being raped by your brothers in your book. Do they acknowledge the abuse that went on in your family (some of it inflicted on them) and their own guilt in any way?
7. What made you seek psychological treatment as an adult?
8. How were you first diagnosed with DID? How did that diagnosis make you feel?
9. Did you confront your mother with your memories after your diagnosis? What was her response? What was your brothers' response?
10. What is your relationship like with your family now?
11. How did your diagnosis and recovered memories effect your life?
12. Today you work as an advocate for abuse victims. Can you describe the work you do?
13. What advice would you give today to someone who suspects there is abuse going on in a child's home?

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# THE SUM OF MY PARTS

## A Survivor's Story of Dissociative Identity Disorder

Raves for  
Olga Trujillo

"In *The Sum of My Parts*, Olga Trujillo reminds us what living with integrity and courage really means. In spite of brutal abuse she experienced by her family, the story of her survival is truly extraordinary and an inspiration to all of us."

—**Rosalind Wiseman**, author of *Queen Bees and Wannabes* and other books and internationally recognized expert on youth, social justice, and ethical leadership

"In *The Sum of My Parts*, Olga Trujillo generously gives us a rare look into the power of community. Olga shows us how one person can make a difference. In her compelling account of her survival she illustrates the true meaning of resilience and healing. A must-read for all."

—**Shelia Hankins**, associate director of the Institute on Domestic Violence in the African American Community

"*The Sum of My Parts* clearly shows the resiliency of a child's mind. As a survivor diagnosed with dissociative identity disorder, I found parts of this book easy to relate to. Some of it surprised me, some of it made me cry, but overall one thing stuck with me: one caring person in a child's life can make a positive difference. I am very glad Olga had the courage to come forward and tell her story."

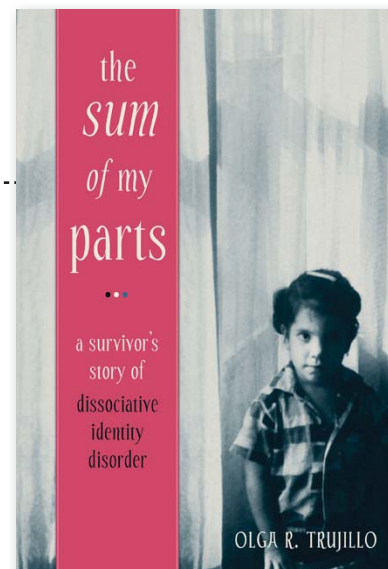
—**Beth Cassell**, survivor with dissociative identity disorder

"Olga's memoir portrays the complex and often misunderstood experience of dissociation with clarity, dignity, and respect. Compelling, educational, and grounded, she conveys the immense intelligence, courage, and willpower it takes to survive childhood rape via dissociation. For those of us on the dissociative identity disorder continuum, this book serves as a guide for reclaiming our lives. For others, it offers understanding of a diagnosis that is too often ignored or sensationalized. It is a gift of immense importance."

—**Christine Stark**, author of *Nickels: A Tale of Dissociation* and coeditor of *Not for Sale*

"In *The Sum of My Parts*, Olga Trujillo gives us a rare and courageous look inside the psyche's response to trauma. This deeply moving book carefully reveals how Olga developed, lived with and eventually healed from dissociative identity disorder, and comes to thrive. It is a truly inspiring account of one woman's quest for happiness."

—**Carole Warshaw, MD**, director of the National Center on Domestic Violence, Trauma, and Mental Health, and executive director of the Domestic Violence and Mental Health Policy Initiative



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