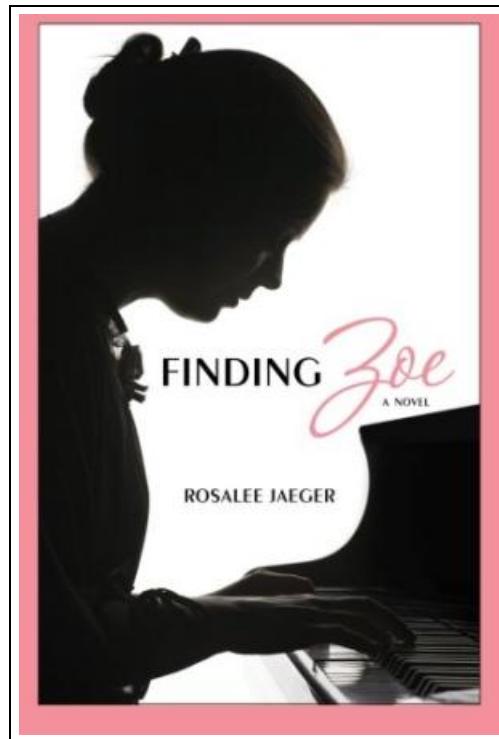


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Reviews

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(Meredith Hoppe)

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Createspace Independent Publishing Platform, United States, 2011. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.At age six, Zoe Hirsch enters a room and suddenly feels she is disconnected from reality, as if she is in a dream. As she grows older, these incidents occur more often, and at some point she hears a voice warning her that an attack is about to happen. The voice, which she names the Destroyer, is almost as terrifying as the attacks, themselves. By age nine, Zoe is a gifted pianist, but she is afraid to perform in public or become too close to anyone, for fear they will discover her secret and think she is crazy. Although Zoe is treated by many therapists, none of them are aware that Zoe is suffering from a little known and only recently defined mental illness: depersonalization disorder: the feeling of being detached from one's own body and thoughts. In this disease, the fear of becoming depersonalized leads to anxiety, which leads to depersonalization, which leads to depression. How Zoe fights through her illness, to find love, and lead a fulfilling and productive life is the essence of Finding Zoe. Finding Zoe is a fast paced, touching, and ultimately inspirational novel, which will appeal to anyone who has experienced depersonalization, anxiety, depression, bulimia or any other debilitating illness, to their loved ones, and to anyone interested in a more spiritual approach to healing and life, such as the devotees of Peck, Chopra, Dyer, and Tolle. After years of being treated by traditional psychologists and psychiatrists, help comes to Zoe from her Yoga instructor, a student of Far Eastern philosophy, who teaches her meditation, deep breathing, to let her thoughts pass through like the wind in the trees, and to go with...

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