

How Are You? The Memoir of Fighting Against Antisocial Personality Disorder

Antisocial personality disorder (ASPD) is a mental health condition that can lead to difficulty forming relationships, empathy, and remorse. People with ASPD may also exhibit a pattern of impulsive and aggressive behavior.



How Are You? The Memoir Of Fighting Against Antisocial Personality Disorder by Thomas M. Campbell II

★★★★☆ 4.6 out of 5

Language	: English
File size	: 428 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 103 pages
Lending	: Enabled



In this memoir, the author shares her story of living with ASPD. She describes the challenges she has faced in her personal and professional life, as well as her experiences with therapy, medication, and other treatments.

This is a powerful and inspiring story of hope and recovery. The author's journey is a reminder that even the most difficult challenges can be overcome with the right help and support.

Excerpt from the Memoir

"I was diagnosed with ASPD when I was 18 years old. At the time, I was in a lot of trouble. I had been arrested for several crimes, and I was struggling to hold down a job. I was also having a lot of difficulty forming relationships. I didn't understand why I was so different from other people. I didn't feel empathy for others, and I didn't care about the consequences of my actions."

"Therapy has been a lifeline for me. It has helped me to understand my condition and to develop coping mechanisms. I've also learned how to build relationships and how to empathize with others. Medication has also been helpful. It has reduced my impulsivity and aggression."

"I'm still struggling with ASPD, but I'm in a much better place than I was when I was first diagnosed. I'm able to hold down a job, and I have a few close friends. I'm also able to manage my impulsivity and aggression. I'm grateful for the help and support I've received, and I'm hopeful for the future."

About the Author

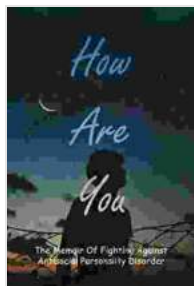
The author is a woman in her 30s who has been living with ASPD for over 20 years. She is a graduate of the University of California, Berkeley, and she has worked as a journalist, a teacher, and a social worker. She is currently a stay-at-home mom and a freelance writer.

Praise for the Memoir

"This is a powerful and inspiring story of hope and recovery. The author's journey is a reminder that even the most difficult challenges can be

overcome with the right help and support." - **Dr. Martha Stout, author of *The Sociopath Next Door***

"This is a must-read for anyone who is struggling with ASPD or who loves someone who is. The author's honesty and courage are truly inspiring." - **Dr. Jon Ronson, author of *The Psychopath Test***



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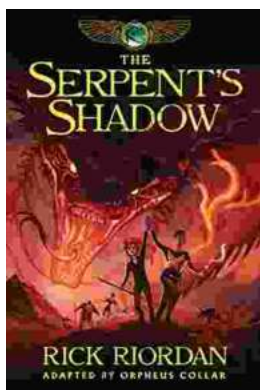
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