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# Kaleidoscope :My Life's Multiple Reflections

MARCELA DEL SOL

**KALEIDOSCOPE**  
My life's multiple reflections



## **Synopsis**

Kaleidoscope is Marcelaâ™s Del Solâ™s first work of fiction; a collection of beautifully written reflections about the life and struggles of a woman co-existing with Post Traumatic Stress Syndrome (PTSD) and Dissociative Identity Syndrome (DID). Marcela Del Sol is an Australian writer, philanthropist and social activist. She moved to Australia from her home country, Chile, as a young adult, and, a few years ago, began to share her physical existence with multiple alters of her character, following a serious car accident. As the incapacitating symptoms of her disorder started to appear in Marcelaâ™s daily life, she not only learned how to adapt to living as multiple alters in the same body, but also found the courage to thrive under challenging circumstances. In Kaleidoscope, Marcela shares her own personal coping mechanisms and strategies through the voice of her fictional character, Lucia. Join Lucia and her captivating alters on an extraordinary journey into the mind and heart of a woman who lives with Dissociative Identity Syndrome. The deeply compelling chapters, narrated by the various alters of the author and her main fictional antagonist, reveal much about the strength of the human spirit, and its ability to find a way back from the darkest of places, where everything seems lost.

## **Book Information**

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## Customer Reviews

Kaleidoscope presents the reader with a powerful juxtaposition. A beautifully written and constructed novel that is sensual, romantic and nostalgic. Pair that with some of the darker elements, the actual gritty experiences and abusive treatment. Although the book is riveting and at times hard to get through, those slivers of beauty and hope return to help you digest it. Mental illness and the lasting reverberations of trauma are hard to live with. The main character shows courage and at times an appropriate vulnerability to understand herself. I enjoy female characters who are not two-dimensional or mere stereotypes. This character impressed me. She's flawed, but strong, damaged but steadfast. Further, I've never traveled to Chile and now I must read more about its history and socioeconomic challenges. This book informed and educated me on a country and its people. It has inspired me not only to read more into Chile, but also the effects of PTSD and how it materializes. That being said, you'll be wanting more after you finish it. The book inspires you to look deeper, because it is impeccably told. I highly recommend this novel.

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