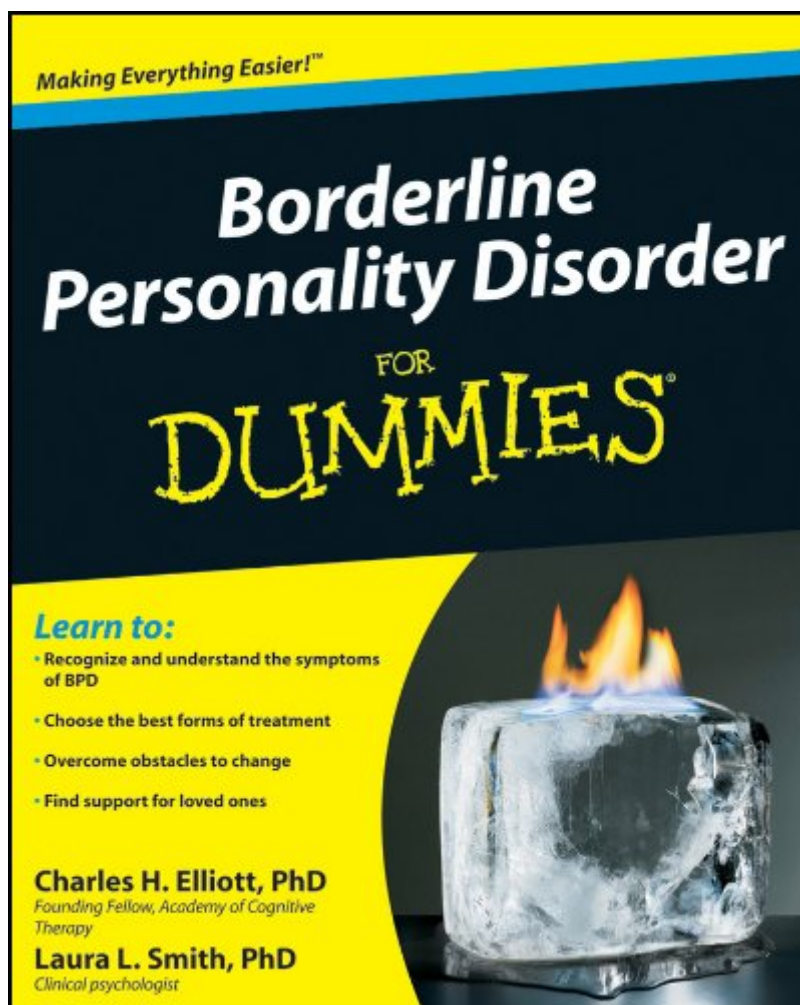


The book was found

Borderline Personality Disorder For Dummies



Synopsis

Your clear, compassionate guide to managing BPD and living well Looking for straightforward information on Borderline Personality Disorder? This easy-to-understand guide helps those who have BPD develop strategies for breaking the destructive cycle. This book also aids loved ones in accepting the disorder and offering support. Inside you'll find authoritative details on the causes of BPD and proven treatments, as well as advice on working with therapists, managing symptoms, and enjoying a full life. Review the basics of BPD • discover the symptoms of BPD and the related emotional problems, as well as the cultural, biological, and psychological causes of the disease Understand what goes wrong • explore impulsivity, emotional dysregulation, identity problems, relationship conflicts, black-and-white thinking, and difficulties in perception; and identify the areas where you may need help Make the choice to change • find the right care provider, overcome common obstacles to change, set realistic goals, and improve your physical and emotional state Evaluate treatments for BPD • learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD If someone you love has BPD • see how to identify triggers, handle emotional upheavals, set clear boundaries, and encourage your loved one to seek therapy Open the book and find: The major characteristics of BPD Who gets BPD and why Recent treatment advances Illuminating case studies Strategies for calming emotions and staying in control A discussion of medication options Ways to stay healthy during treatment Tips for explaining BPD to others Help for parents whose child exhibits symptoms Treatment options that work and those you should avoid

Book Information

File Size: 2937 KB

Print Length: 384 pages

Publisher: For Dummies; 1 edition (July 1, 2009)

Publication Date: July 1, 2009

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B002JMV6YQ

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #485,014 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #19

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology >

Pathologies > Dissociative Identity #104 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Mental Health

> Dissociative Disorders #592 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting >

Counseling & Psychology > Personality

Customer Reviews

Very informative and compassionate. It's so easy to be angry at the person with borderline personality disorder. This book made clear that the person with the disorder is not intentionally manipulating those who love them but is truly suffering and confused by their own behavior.

Another book I bought to get a better understanding of BPD and how it affects different people. I also got this book to brush up on my earlier university psychology classes. As previously stated, any time I want to research a subject, the first thing I do is to see if there is a ..."For Dummies" book on the subject. They always make the topic easy to understand!

This book explains borderline personality disorder and offers solutions effectively. I highly recommend it for people who are suffering BPD or people who know someone with BPD.

This is a really helpful book I got after wanting and needing to understand this condition. It's easy to read and understandable and has helped me. I would easily recommend it for anyone interested in this condition.

This book was so important in helping me to understand my behaviour when I was first diagnosed with BPD.

Very easy to understand and gives a sense of hope on a difficult issue. Hearing more and more about this diagnosis and wanted to understand. This is helping greatly.

Very informative. I love the way this book is laid out. Easy to understand. A good book for those

suffering from this disorder and for their families to understand it better.

Great book very important information that can improve anyone's life.

[Download to continue reading...](#)

Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Borderline Personality Disorder For Dummies The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship 50 Things to Know about Borderline Personality Disorder Cognitive-Behavioral Treatment of Borderline Personality Disorder Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder Sometimes I Act Crazy: Living with Borderline Personality Disorder One Way Ticket To Kansas Caring About Someone With Borderline Personality Disorder And Finding A Healthy You Skills Training Manual for Treating Borderline Personality Disorder Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) Treatment of Borderline Personality Disorder: A Guide to Evidence-Based Practice Get Me Out of Here: My Recovery from Borderline Personality Disorder Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD Borderline Personality Disorder in Adolescents, 2nd Edition: What To Do When Your Teen Has BPD: A Complete Guide for Families The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)