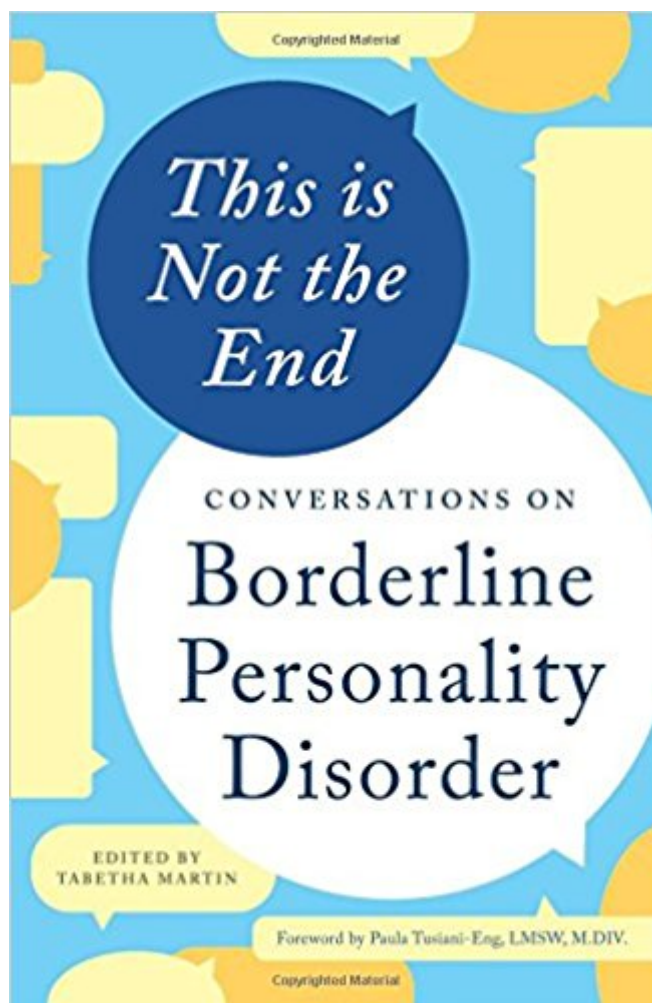


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# This Is Not The End: Conversations On Borderline Personality Disorder



## Synopsis

"I fight because it's not over. It doesn't end here." In this unique collection, individuals of all ages and stages share their experiences with Borderline Personality Disorder (BPD). Within these pages, you'll find an honest portrait of what it's like to live with BPD, from the perspective of people with BPD and their loved ones—spouses, siblings, and parents, as well as mental health professionals. By turns heartbreaking and inspiring, this collection of real-life stories, personal essays, and candid interviews explores what a Borderline Personality Disorder diagnosis looks like—*from the inside*. Also featuring an in-depth overview of BPD and its common treatment methods, this book is a necessary tool for expanding your self-exploration and deepening your understanding of this confusing and often destructive disorder. Edited by mental health advocate Tabettha Martin and featuring a foreword by Paula Tusiani-Eng, co-author of the classic BPD memoir *Remnants of a Life on Paper*, *This is Not the End: Conversations on Borderline Personality Disorder* provides encouragement and support for all who are seeking to heal and recover from BPD.

## Book Information

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## Customer Reviews

While caring for a family member who lives with BPD, TABETHA MARTIN earned her BA in psychology from California State University, San Marcos, where she won an award for her thesis on the struggles of BPD. She manages the Borderline Personality Disorder Awareness Page on Facebook, which reaches tens of thousands of individuals each day. Currently, she is working toward completing her master's of social work and establishing a full-service mental health program for women living with BPD and other mental disorders. Writer and BPD advocate PAULA

TUSIANI-ENG is the co-author (along with her mother) of *Remnants of a Life on Paper*, which shares the struggles her sister faced with BPD. Paula holds a master's degree in social work from Adelphi University, and serves on the Board of the Borderline Personality Disorder Resource Center at New York-Presbyterian Hospital.

I am a professional counselor. I treat individuals with Borderline Personality Disorder, as well as a number of other psychological disorders. I am always on the search for resources for clients and their friends and families, as well as professional resources for me. I received this book *This is Not the End* to review. *This is Not the End* is about borderline personality disorder. The first part of the book explains what BPD is and the diagnostic criteria for the disorder from the fifth edition (most recent) of the American Psychiatric Association's Diagnostic and Statistical Manual (DSM-5). It also explores some common treatment modalities for BPD. The second part of *This is Not the End* is really where the meat is. It includes fifteen essays written by individuals who have Borderline Personality Disorder or those who are part of the support system (parent, spouse, therapist) of someone with Borderline Personality Disorder. These essays should be required reading for anyone treating individuals with Borderline Personality Disorder. These essays include stories of people diagnosed for only a year up to many years. There are several essays about men with Borderline Personality Disorder. Because most people diagnosed with this disorder are women, it is often hard to find writings by men who have the disorder. I really appreciated that the editor included several essays by men. The end of the book includes a lot of resources for professionals, individuals with Borderline Personality Disorder, and family members and friends of individuals with Borderline Personality Disorder. It is a great list of resources. I would recommend this book to professionals, individuals with Borderline Personality Disorder, and family members and friends of individuals with Borderline Personality Disorder. I received this book for free in exchange for my honest and unbiased review. All opinions are my own. I was not required to write a positive review.

Gives a new perspective on people with addictive problems and other behavior problems. I had not read much on personality disorders before, and was skeptical about these diagnoses, but sometimes the behaviors exhibited by people were otherwise unexplainable, or they would not remember what they had done or said. Many people do not respond to typical anti-depressant therapy. Good book to start with.

I had not read about BPD so thought it was informative and well written.

This book is very informative and it really teaches you a lot about bpd

Great book. Informative and positive with perspectives from the family, therapist, and the and sufferer. Encouraging that there is recovery.

Good for getting insights.

When I purchased this book, I honestly knew very little about the topic of Borderline Personality Disorder (BPD) beyond that I have a friend with this diagnosis. The author speaks in this book with a clear and concise voice. I was provided with the information about BPD in a casual tone which helped avoid the "text-booky" tone that many psychological books can take. I found this book to be super informative and emphatic to those with this condition. Too often I feel that emphasis is placed on the disorder and its pathology rather than placing the person first. I found this book placed emphasis on the person; a person who just happens to have a BPD diagnosis. I would recommend this book to anyone who has been diagnosed or has a loved one diagnosed with BPD. I learned a lot about this condition and knowledge is what helps end Mental Illness stigma. I received this product at a discounted rate in exchange for my honest and unbiased review.

I purchased this book for me and my family. I personally have bpd and PTSD and I can honestly say the struggles that we all go through on a daily basis is rather frustrating for all parties. This book explains very well of what it's like to live with BPD, from the perspective of people with BPD and their loved ones—spouses, siblings, and parents, as well as mental health professionals. By turns heartbreaking and inspiring, this collection of real-life stories, personal essays, and candid interviews explores what a Borderline Personality Disorder diagnosis is. Also featuring an in-depth overview of BPD and its common treatment methods, this book is a necessary tool for expanding your self-exploration and deepening your understanding of this confusing and often destructive disorder. Books like this can really help couples and families as well as the person that has bpd because I know personally it helps to know you are not alone in this world. It is one thing to do internet research and say I think I understand the condition, and what they are going through. Any one can do this of course but, with that said, it is quite another to actually read stories of survivors. Understanding more of the why, and the how, makes it a lot more manageable for both the person with bpd and their loved ones around them. I highly recommend this book if you have someone in

your life with bpd or you yourself have it. It is an absolutely wonderful read and I believe I may even read this again and highlight certain things so that I may give it to my parents. I received this product at a discount for my honest and unbiased review. I take this seriously and would appreciate a helpful like if you find my review helpful.

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