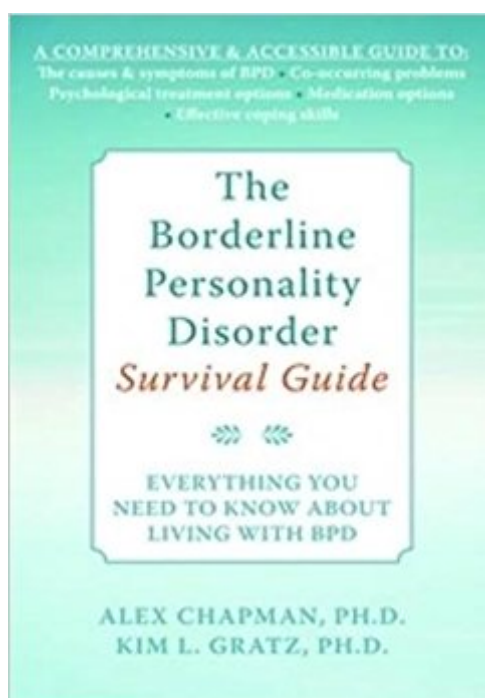


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# The Borderline Personality Disorder Survival Guide: Everything You Need To Know About Living With BPD



## Synopsis

If you or someone you love is struggling with borderline personality disorder (BPD), you need up-to-date, accurate, and accessible information on the problems you're facing and where you can turn for help. But where do you look? Much of the professional literature on BPD is too technical and confusing to be of much help. And searching the Internet for accurate information can be treacherous, with some sites providing useful information and others giving dangerous advice and misinformation. If you're living with BPD, this compassionate book offers what you really need: an easy-to-follow road map to guide you through this disorder and its treatment. This book provides answers to many of the questions you might have about BPD: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: DBT, mentalization-based treatment (MBT), and medication treatments. In the last sections of the book, you'll learn a range of useful coping skills that can help you manage your emotions, deal with suicidal thoughts, and cope with some of the most distressing symptoms of BPD. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit – an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

## Book Information

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## Customer Reviews

The Borderline Personality Disorder Survival Guide is exactly what its title suggests. Through the use of many rich clinical examples and exacting and intriguing metaphors, Chapman and Gratz take us through the diagnosis and probable causes of BPD, some of the myths about BPD, and possible explanations of the problems that often accompany BPD. They review both psychological and medication treatments and end up with very practical advice on how to deal with suicidal thoughts as well as with situations when control over one's emotions seems tenuous at best. Clearly written and easily read, this book truly is a practical everyday guide not only to surviving but to growing healthier while struggling with BPD. âKenneth R Silk, MD, professor of psychiatry and director of the Personality Disorders Program at the University of Michigan Medical School and Health System

This book offers a complete overview of borderline personality disorder (BPD), its symptoms and treatment, and ways BPD sufferers can navigate their lives with this complicated condition.

This well-written, easy to understand book on borderline personality disorder is a must-have for someone who has been diagnosed with BPD and also for their friends and family members. The author is very nonjudgmental and at times sympathetic to those who suffer with the disorder. This attitude is such a difference from some articles that I had read on the Internet. Many therapists shun those with BPD, or just don't know how to handle the disorder. This book gives so much hope for recovery with the right therapist using the right techniques.

I had found from the internet that if you are an immature and emotional adult you may have BPD. I told my doctor how I felt and she said she changed my diagnosis from bipolar to BPD. This book is interesting and easy to read. Compared to "Surviving Schizophrenia" which is another book I own its very down to earth and relatable. Always buy books by doctors if you are sick.

Very good entry point if you have just been diagnosed. The book is written in super simple terms, with intentional repetitions to get important points across to potentially anxious minds! The only thing I was disappointed in was that they did not cover anything to do with finding your identity, such as being able to set goals and the like.

There is not enough I can say about this book. It is a must if you're trying to understand bpd. If you're going through it. Or you know someone who is battling through life. Suffering with bpd

I thought this was a great book to help me understand my disorder, and overcome the fear of the unknown. When you allow yourself to be open to learn, you unravel a new side of you that is openminded to change. Accept the things you can not change, and learn to embrace your "fears". By doing so, life will become less difficult, and you will see that it is not as bad as you originally thought it would be.

This book is very user friendly and has good tips for both the borderline person and the families as well and it is a positive book with practical solutions and strategies that can help - very good - but we have misplaced our copy and may just have to order it again

Amazing book with so much insight. Would do business with seller again.

As one currently suffering and about to start DBT I couldn't wait to get a jump on techniques to help myself as well as learning what's going on inside of me

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