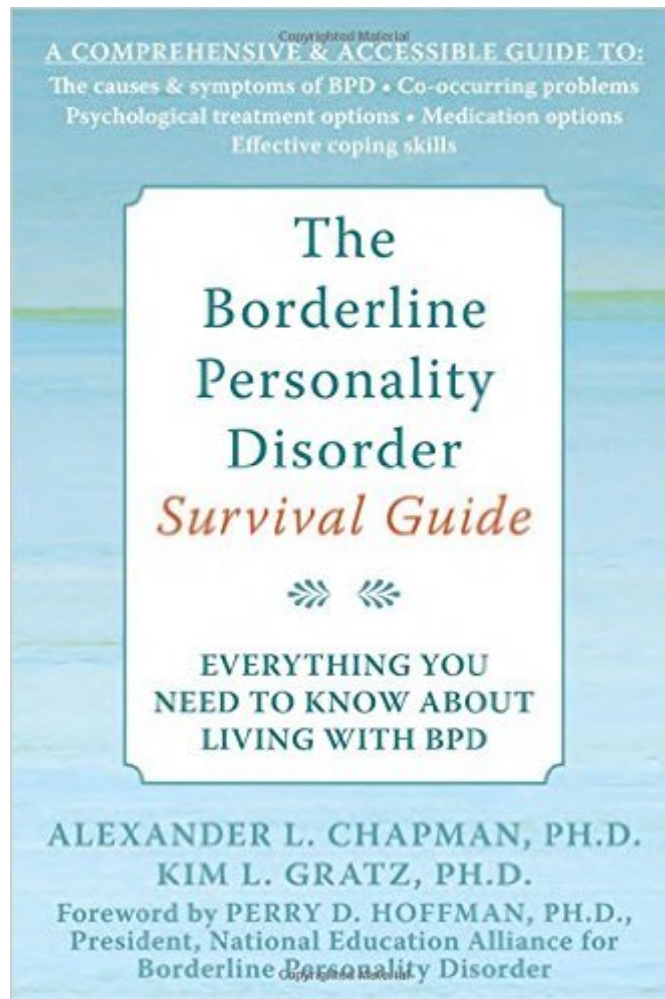


The book was found

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.

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Customer Reviews

As someone diagnosed with BPD, I have done a lot of research on the condition, both online and by reading any book written on the subject. Many of those books (except for BPD Demystified) are extremely outdated, even if they're only a few years old. And many of them were disappointingly irresponsible, being quite negative and insisting that the prognosis was always dire and/or perpetuating the huge myth that those diagnosed with BPD are basically manipulative. I say this because this book is different. It has the latest information on BPD, from what it is, how it may come about, what therapies are out there, if medication helps, and, quite important, speaks about new research on the brain and how this research shows actual physical differences in those with BPD. The book succeeds most in 2 particular ways: (1) In the way it is organized. Well-written chapters, clear headings and subheadings, easy for anyone and everyone to understand, and comprehensive summaries at chapter ends to note the main points. The book is also divided into Parts I and II, to make the focus and direction even clearer. For this alone, it is a book I would recommend to anyone interested in BPD, whether a professional, consumer, family member, friend, student, etc. And furthermore, (2) The Survival Guide does not take one position and stubbornly adhere to it. It recognizes that there are many differences among those diagnosed with BPD, even as the similarities in how they "match" the criteria kinda puts us all in the same group. Of all the information out there, it presents the most "open" view, meaning that it is informative and hopeful and recognizes that this is a complex condition but that it is indeed treatable. And the authors cite many studies to back up their points.

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