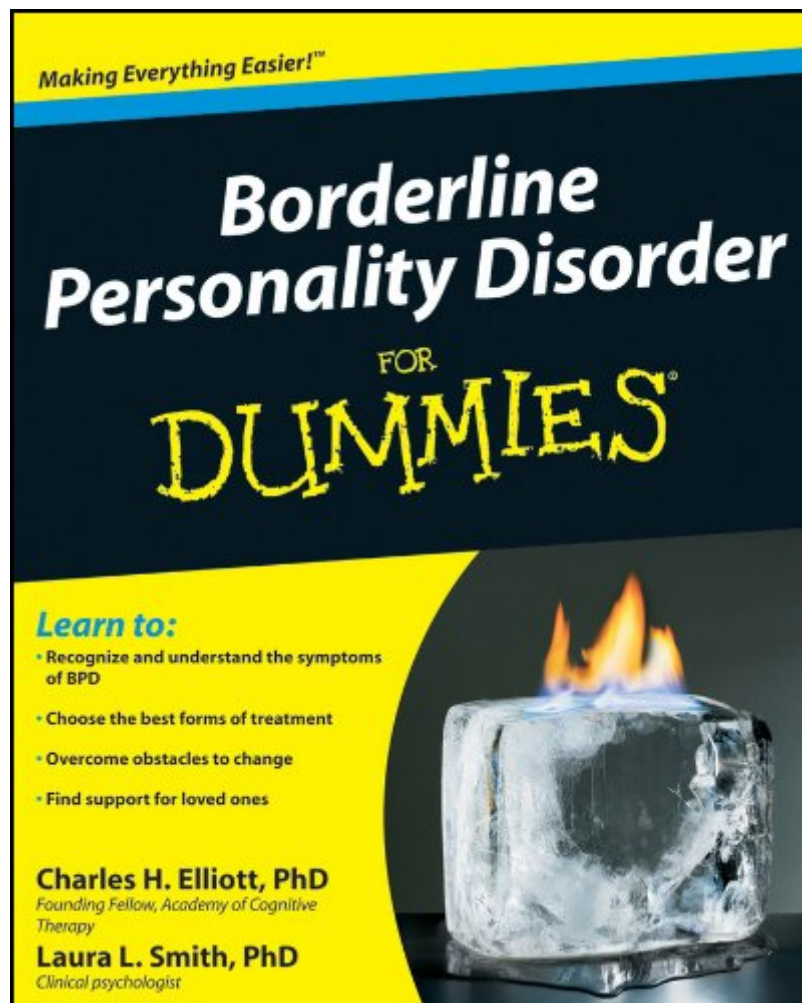




The book was found

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

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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.

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