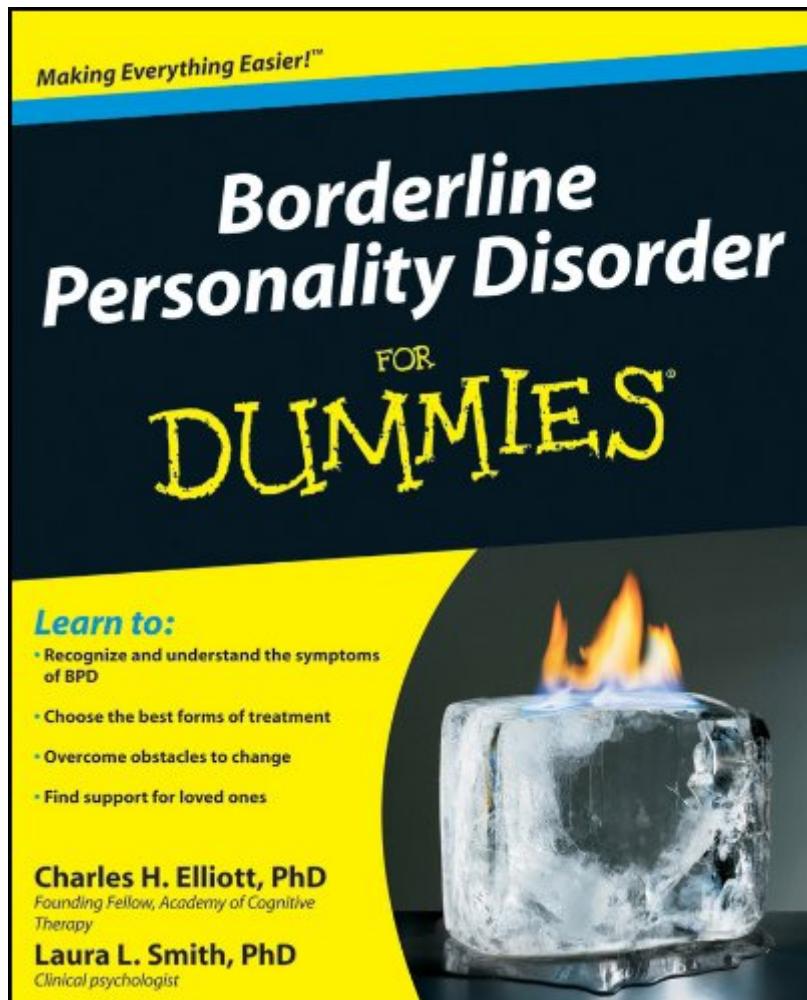


The book was found

# 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**

Drs. Elliott and Smith have taken a complex, heart-rending disorder and explained it in simple language. This insightful treatment of Borderline Personality Disorder speaks to a broad audience. Sufferers of this disorder, the people who love and work with them, and those who treat them will find understanding, guidance, and hope in this book. As a Clinical Psychologist, I emphatically recommend this book to colleagues and patients

As a licensed psychotherapist, I am always looking for innovative ways to help those of my clients with this diagnosis learn to control their symptoms, particularly the frequent emotional upheavals. Borderline Personality Disorder for Dummies is like having the "Cliff Notes" for the DSM-IV-TR! It has helped me help my clients to view this disorder within a much more hopeful framework!

As a practicing psychologist I rarely find self help books that are "just the right mix" of wisdom, clinical description, and interventions that are also readable. After scanning over 50 books last week on BPD, this is the one I vote for!

If you have this diagnosis, know, or treat someone who does, DO NOT READ THIS BOOK unless you are looking for multiple ways to leave whatever relationship you have with the individual. The first half of the book mentions in passing that BPD is not the fault of the sufferer, then paints them as hopeless and worthy of at least the 10% suicide rate they suffer. The last half of the book recommends that friends, significant others, and even therapists should probably end all relationships with BPD sufferers, and gives them at least 50 ways to do it (siting the Paul Simon song as a model. Of course they're "just kidding".) Since when is mental illness a joke? You'd have to be a dummy to think this is a useful reference. The only useful information I found was their sources, some of which I do recommend: The Borderline Personality Disorder Survival Guide by Chapman & Gratz and The Dialectical Behavior Therapy Skills Workbook by McKay, Wood &

Brantley. These books offered useful guidelines for behavior modification and seeking help through therapy. Most of all, they offered a clear picture of real people and their friends and families suffering needlessly, and hope for the end of that suffering.

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.

This hopeful yet realistic book is an indispensable tool for managing relationships with persons who have borderline personality disorder. Research based, clearly written, and practical, this guide to a complex disorder is highly recommended

I love the "For Dummies" series of books because they're so easy to read and no-nonsense. This book helped me to understand this disorder and identify facets of it in my own life. I recommend it!

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.

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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 Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder Personality Disorders:The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts Borderline Personality Disorder For Dummies Help! I Am In Love With A Narcissist: Narcissistic,Narcissistic Personality Disorder,Sociopath (Manipulation,Personality Disorder,Recovery Advice, Breaking Up) Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental

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