

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

Alex L. Chapman, Kim L. Gratz, Perry D. Hoffman - pdf download free book



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Description:

Review

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.

—Kenneth R Silk, MD, professor of psychiatry and director of the Personality Disorders Program at the University of Michigan Medical School and Health System

From the Publisher 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.

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