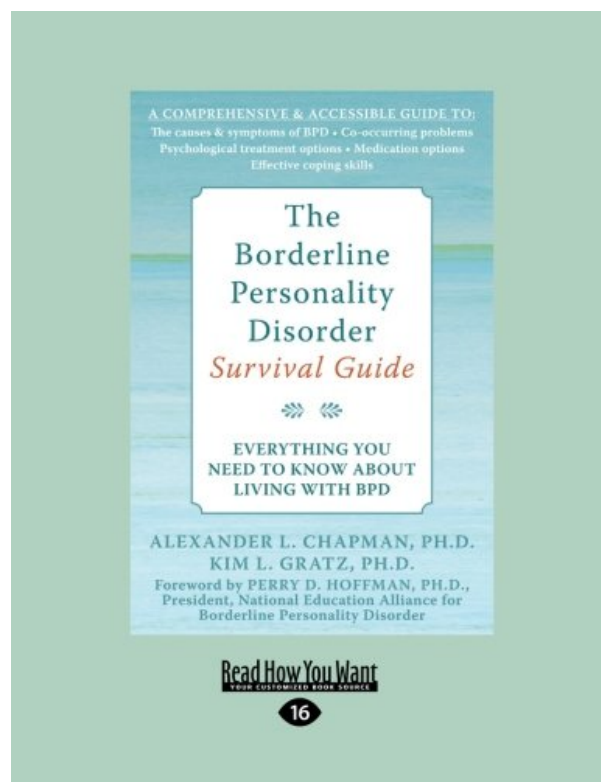
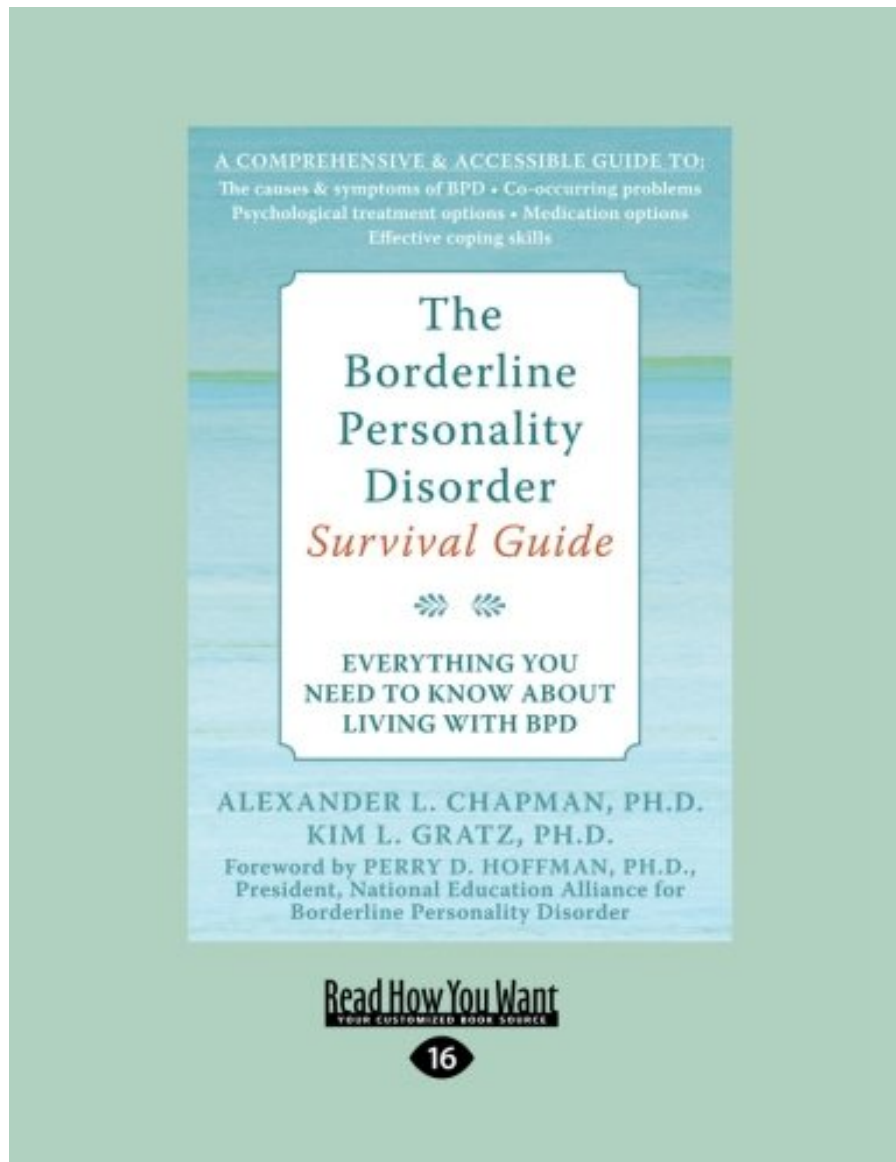


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# **THE BORDERLINE PERSONALITY DISORDER: EVERYTHING YOU NEED TO KNOW ABOUT LIVING WITH BPD BY ALEX CHAPMAN AND KIM GRATZ PDF**

The Borderline Personality Disorder Survival Guide is organized as a series of answers to questions common to BPD sufferers: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: dialectical behavior therapy (DBT), mentalization-based therapy (MBT), and medical treatment using psychoactive drugs. In the last sections of the book, readers learn a range of day-to-day coping skills that can help moderate the symptoms of BPD.

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- Binding: Paperback
- 352 pages

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An important, forward-thinking, much welcome book

By shootingstar

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 Many of those books (except for BPD Demystified) are extremely outdated, even if they're only a few years old.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. They don't pretend to have all the answers, but instead create an opening for real dialog and discussion.

I recommend this book wholeheartedly, without any reservation whatsoever. It will educate you, let you see the individuality of people diagnosed with BPD, and present you with the latest in therapy and in research, without prejudice. I am thankful for this book. It is honest and impartial. And perhaps above all else, that's what BPD literature presently needs the most.

68 of 72 people found the following review helpful.

Informative, positive, highly recommend

By jaspertyler

I was preparing for a presentation for NAMI and was asked to help clients, family members, and other professionals understand BPD. I found this to be an important task due to the negative information that is out there on BPD. This book was published just prior to the date of the presentation and I used it as a main source for the presentation and recommended it to all who attended. I also highly recommended it to my consultation team as something they may benefit from reading as well as to recommend for their clients. I found this book to be very informative, describing BPD from the model used within DBT therapy. The book was hopeful and inspiring to me in working with clients with BPD and I hope this book is read by many. I thank the authors for writing a book that is so user friendly. Several of my clients have benefited from this book already!

70 of 76 people found the following review helpful.

**GREAT BOOK**

By Leslie

This book is great for those suffering from BPD! Don't be walking on Egg Shells! It makes those with BPD look like a monster which isn't true! Buy this! Its also great for loved ones who are trying to understand the disorder. High recommended! A keeper! Offers coping skills. A suggestions of treatments that might help as well as self-harm and suicide prevention. Its nice to see your own behavior and how it might be helped because YOU have to be the one to fix it!

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