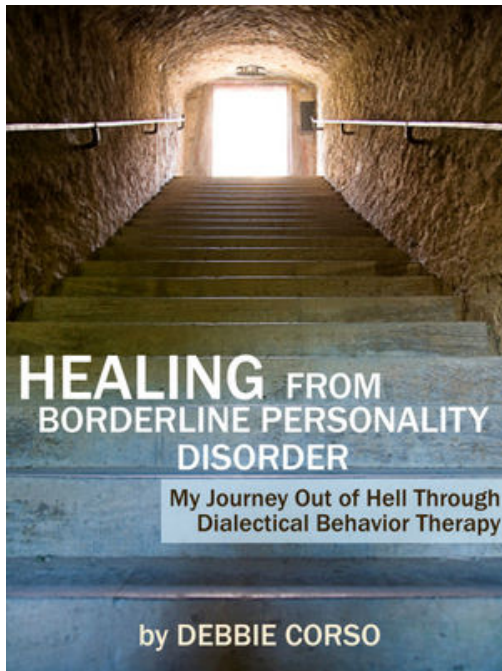


# Télécharger Livres Gratuit Healing from Borderline Personality Disorder: My Journey Out of Hell Through Dialectical Behavior Therapy (PDF | ePub | Mobi) Debbie Corso DataBase Book



ABOUT THE BOOK:Healing From Borderline Personality Disorder: My Journey Out of Hell Through Dialectical Behavior Therapy chronicles two years of the author navigating DBT, the treatment of choice for those diagnosed with BPD. It is a compilation a selection of the author's first 100 posts at her popular personal mental health blog HealingFromBPD.org, and more. At the urging of her readers worldwide, this book was born out of the need of many seeking hope and direction as they cope with a diagnosis once thought to be hopeless, even among the most qualified psychiatric professionals. In addition to the blog posts are never before published retrospective commentaries from her new perspective at her second year through DBT, a never before published autobiographical sketch, answers to questions submitted by her blog readers, a resource section, and more. Corso lights the way of hope and recovery for a severely emotionally wounded community. Introduction by

Kiera Van Gelder, MFA and author of *The Buddha & The Borderline*. ABOUT DEBBIE:Debbie Corso is a mental health blogging pioneer, courageously chronicling her journey while lighting a torch to provide hope to a severely emotionally wounded community. She has a Bachelor's Degree from New York Institute of Technology in Interdisciplinary Studies in English, Communications, and Behavioral Science and a certificate in Early Childhood Development. Her work as an Intake Coordinator and Case Manager at a non-profit organization, working closely with children at risk for abuse and neglect, was the catalyst that propelled her to document and share her powerful journey through her blog and now this book. She lives in sunny Northern California in the San Francisco Bay Area.

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