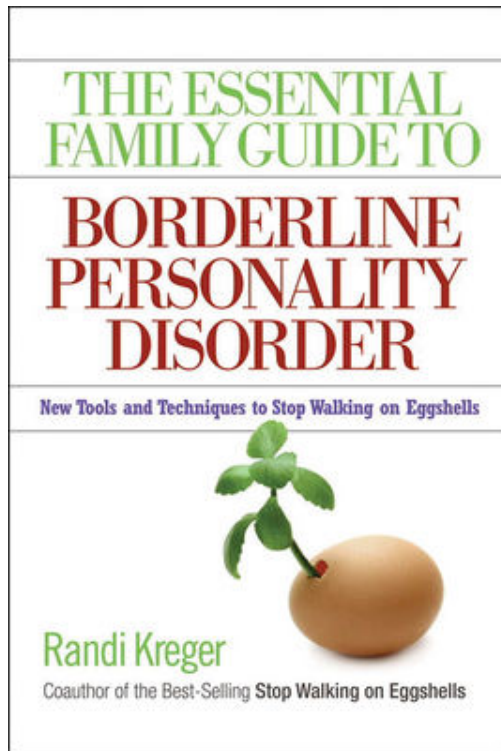


Télécharger Livres Gratuit The Essential Family Guide to Borderline Personality Disorder (PDF | ePub | Mobi) Randi Kreger DataBase Book



Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness.

For family members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies--common conduct among those who suffer from the disorder--leave family members feeling confused, hurt, and helpless.

In *Stop Walking on Eggshells*, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with *The Essential Family Guide to Borderline Personality Disorder*, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific

skills, and focus on what they need to do to get off the emotional rollercoaster: (1) Take care of yourself; (2) Uncover what keeps you feeling stuck; (3) Communicate to be heard; (4) Set limits with love; and (5) Reinforce the right behaviors.

Together the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits.

Title : The Essential Family Guide to Borderline Personality Disorder
Author : Randi Kreger
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