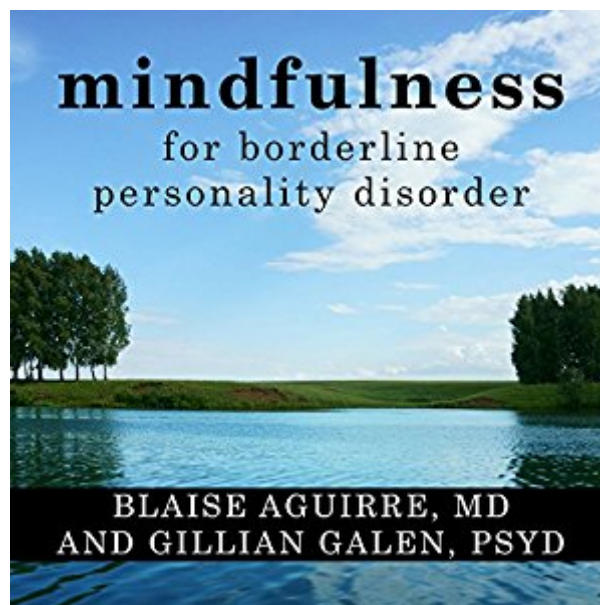




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Mindfulness For Borderline Personality Disorder: Relieve Your Suffering Using The Core Skill Of Dialectical Behavior Therapy



Synopsis

If you are like many others living with borderline personality disorder (BPD), you know what it's like to be overwhelmed by intense and fluctuating emotions; to have difficulty with relationships; and to constantly struggle with troubling thoughts and behaviors. BPD can be especially difficult to treat, though there are ways to gain control over your symptoms and live a happier, healthier life.

Expanding on the core skill of dialectical behavior therapy (DBT), *Mindfulness for Borderline Personality Disorder* will help you target and successfully manage many of the familiar symptoms of BPD. Here, you will learn the basics of mindfulness through specific exercises and will gain powerful insight through real-life stories from people who have BPD. If you are ready to take that first step on the path toward wellness, this book will be your guide.

Book Information

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Customer Reviews

If you have the diagnosis or don't understand this "Mindfulness" thing, I suggest this book. Four chapters into this book and my life is transformed. This book explained it in ways that made it so easy to take on. The writing is non-confrontational, not accusatory, absolutely reassuring, and explanatory. I was diagnosed with BPD years ago and it was a relief. Then I took on the task of researching the diagnosis and that was horrific. When I read there was no cure I felt helpless. Remission is achievable by taking control and teaching your brain to work the way you want it to. I first started with Cognitive Behavior Therapy and something was missing. Moved on to Dialectical Behavior Therapy and thoughtWHAT is "Mindfulness"? I think I found this book at the exact

right time. After three years of Internet study into both DBT and CBT, countless hours of poring over worksheets online, and looking up Mindfulness, and actually Practicing Mindfulness, this book opened my eyes. Instead of just practicing Mindfulness I'm successfully actuating Mindfulness. The price is amazing. The book is amazing. I'm not kidding when I say that I am a different person now than I was when this book showed up on my doorstep. I am more peaceful, calm, accepting, and in control of myself. This book does wonders for the mind. It explains WHY seemingly unrelated tasks can help by explaining chemicals and synapses and brain functions.

If you have BPD this book offers ways of controlling your mood swings before they get too intense and they swing out of control... its very practical and anyone can do it, you don't need any special skills.

You think what this is too simple it won't work but you try and practice and guess what it does ease the symptoms

My sister has been diagnosed with BPD and this book has helped me understand her better. It has also given me tools so that I can be a better sister to her.

This is a very accessible but thorough explanation of borderline personality disorder, its origins, symptoms, brain physiology, and the practice of mindfulness as a way of finding relief and increasing emotional regulation. As the parent of a grown child with BPD, I found this book useful for myself and for my daughter as well.

I can't say enough good things about how much this book has helped me with my BPD. I would recommend it to anyone, not just borderlines, as there is a lot of information to help people deal with a variety of emotional situations

Struggled with the symptoms my whole life; I'm not officially diagnosed but: after a divorce and a breakup the following year, I hit some new lows. Couldn't understand myself, couldn't figure the way out, couldn't move from the incessant replaying of past painful events. Nobody understood me. But then I heard about BPD. Took some tests online, several - I qualify on paper. This book is the first I've read about a cure, and the language is so down-to-earth yet profound I can see light at the end of the tunnel. For once, I don't think it's a train coming at me. I am not "happy," but I don't think I'll be

trapped in this dark place replaying and reliving trauma from people that have moved on. I have a way out, I'll be OK, and the pain is manageable. I have hope in the horizon, and for once, there is no "she" to attach that hope to. That's a liberating feeling. I am a Christian. I had a hard time with some of the solutions, which mention tenets of Buddhism and Transcendental Meditation; not a fan...however, the authors are clear that the method regardless of label is the key. You don't have to "convert" or lose your faith. Just do the exercises (I'm still reading, about midway)...they help. Trust me. Take it from someone who has absolutely no network to support him presently: if I can make it out of these dark and painful days, I think anyone can. Highly recommend.

I bought this to support a friend who has borderline personality disorder. It has some really helpful guidance and coping strategies, and is compassionate to the person who struggles with BPD.

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The Dialectical Behavior Therapy Skills Workbook for Anger: Using DBT Mindfulness and Emotion Regulation Skills to Manage Anger (New Harbinger Self-Help Workbooks)
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