



Borderline Personality Disorder for Dummies

Charles H. Elliott , Laura L. Smith

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Your clear, compassionate guide to managing BPD -- and living well

Looking for straightforward information on Borderline Personality Disorder? This easy-to-understand guide helps those who have BPD develop strategies for breaking the destructive cycle. This book also aids loved ones in accepting the disorder and offering support. Inside you'll find authoritative details on the causes of BPD and proven treatments, as well as advice on working with therapists, managing symptoms, and enjoying a full life.

Review the basics of BPD -- discover the symptoms of BPD and the related emotional problems, as well as the cultural, biological, and psychological causes of the disease

Understand what goes wrong -- explore impulsivity, emotional dysregulation, identity problems, relationship conflicts, black-and-white thinking, and difficulties in perception; and identify the areas where you may need help

Make the choice to change -- find the right care provider, overcome common obstacles to change, set realistic goals, and improve your physical and emotional state

Evaluate treatments for BPD -- learn about the current treatments that really work and develop a plan for addressing the core symptoms of BPD

If someone you love has BPD -- see how to identify triggers, handle emotional upheavals, set clear boundaries, and encourage your loved one to seek therapy

Open the book and find:

The major characteristics of BPD

Who gets BPD -- and why

Recent treatment advances

Illuminating case studies

Strategies for calming emotions and staying in control

A discussion of medication options

Ways to stay healthy during treatment

Tips for explaining BPD to others

Help for parents whose child exhibits symptoms

Treatment options that work and those you should avoid

Borderline Personality Disorder for Dummies Details

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Author : Charles H. Elliott , Laura L. Smith

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From Reader Review Borderline Personality Disorder for Dummies for online ebook

Michelle Turner says

I thought this book was very informative and well written but didn't like the bit assuming people with borderline personality disorder might not understand the title Borderline personality disorder for dummies , taking the word dummies literally . Just about everyone knows that these information dummies books are for people who have no knowledge on something to read in layman's terms . It shouldn't be suggested that a person with bpd wouldn't be able to understand and need to be reassured . People with Bpd have a personality problem not an intellectual problems . Other then this little bit I found it an enjoyable read .

Quinn says

A DEFINITE must-read for sufferers and their nearest and dearest.

Joyce says

This book explains Borderline Personality Disorder in very plain, easy-to-understand layman's terms. It was really easy to follow. I would recommend it to anyone.

Lisa says

Comprehensive.

Marina (Sonnenbarke) says

Quite informative and with very good tips, but I didn't like the part where it suggests ways to end a relationship with a borderline. Also, I felt at times the authors really think borderlines are dangerous, deficient weirdos.

Andrew Douglass says

Accessible and improved by many examples. I felt it would have been better if it had been tightened up—some material is wordy and repetitive. I also felt it was forced into the Dummies erratic format rather than written normal prose. (For example, I got tired of bullet points and plugs for other Dummies books. :-) I would have liked more detail on how to how a partner might respond to Borderline—the book seemed to jump to escape strategies a bit fast. Advice on the web to run away is certainly prevalent—BPD is a tough

one, but an illness in desperate need of intervention.

Sandra says

I found this really helpful. It's the first I have read on borderline personality disorder and it has been a great help to me and provided with some useful coping strategies, that I hope will work for me.

Jukka Häkkinen says

Törmäsin tähän kirjaan Santa Monicassa kirjakaupassa ja For Dummies-sarjan kirja psykologiasta vaikutti huvittavalta. Olin tottunut näkemään näitä keltaisia kirjoja lähinnä Kuinka opit käyttämään Powerpointtia-tyyppisistä aiheista. Yllättäen kirja olikin todella hyvä. Tämä on selkeä katsaus rajatilan kaikkiin mahdollisiin puoliin ja todella monesta eri näkökulmasta (rajatilainen itse, puoliso, vanhempi, lapsi, ystävä, terapeutti). Virkistävää on myös se, että tästä puuttuu täysin psykologiseen populaarikirjallisuuteen usein liittyvä kiihkeän ahdistunut sävy ("Olin psykopaatin/narsistin/rajatilaisen uhri"). Tässä otetaan varsin maltillinen ja objektiivinen näkökulma rajatilan eri piirteisiin. Hyvä perusteos rajatilasta, tätä voi suositella asiasta kiinnostuneille.

Melissa says

This book provides a good overview. The authors state that BPD is a highly individual disorder and doesn't easily generalize to a population, and I appreciated that. I sort of feel like though the "image" of the BPD sufferer in this book is on the very volatile, extreme end of the spectrum, where the majority of people with BPD are often in the middle of the continuum - they do have problems, but they do not pose a danger/threat to other people. I skimmed through the book because I found a lot of it to be painful/triggering - that may be due to my own sensitivity. And yes, to just reiterate what previous commenters have said, the part on how to "break up" with someone who has BPD was a bit depressing, especially the part about how to "break up with them in a public space"...I felt really awful reading that. But it was a good overview, and as far as "overview" books for BPD go, this one was better than most. I borrowed it from my library, so I had a lot of freedom to skim/skip. :)

Tara Calaby says

Normally, I wouldn't have bothered with a Dummies book on the subject, but I had seen quite a few positive reviews of this book in various locations, so I decided to check it out. It's actually surprisingly decent! A good overall look at BPD, with sections for people with BPD, people who *know* people with BPD and therapists. The sections for partners and friends *do* seem very focussed on how to *leave* the person with BPD in your life, though, which is unfortunate :/

Sarina says

This was a pleasure to read, it had lots of great information. However, I had a couple of concerns. First of all, it seems kind of careless to include chapters on how to break up/end friendship with those who have Borderline Personality Disorder. I understand there should be material on that, but it kind of triggered worries in me (as someone with BPD) especially since it was my boyfriend who bought the book for me. I just wonder if that was such a good idea, considering the audience. Another problem would be the simple uses of slut-shaming language. Then again, you find a lot of that everywhere.

Overall, I am very glad I read *Borderline Personality Disorder for Dummies* and will continually reference it when I'm in a pickle. The activities have been helpful.

Victoria L. Weimer says

Very helpful if you have someone in your family who suffers from this disorder. It really helps you understand how they think and how you should handle things.

Markus Zachary Xavier says

It's a Dummies guide so don't expect highbrow clinical scientific data. You may feel you have BPD after reading it, but I'm relieved to say I don't exhibit the hardcore signs (we all have our mood swings) I was hoping to understand why a person close to me acted out the way he did. I'm sad to say he does have the classic symptoms.

Note:

You may not have cared about me but I CARE about you. In a few months things may be different but for now I had to pin this BPD article. You have every symptom. I'm not being vindictive...911 recorded it all. You are an adult who can make your own decisions regarding your health, BUT when your behaviour affects others or puts them at risk (chronic disease & physical/ emotional trauma) you must act for their sake if not yours.

On to Addictive Personality Disorder.

Stephanie says

Very informative. I also have Bipolar disorder and a lot of the symptoms overlap. So it's like you get a double dose. But with the right meds you can live a good life.

Chanel J says

A good book detailing the issues and symptoms of BPD.

I have issue with the way it constantly repeats that people with BPD aren't monsters, and then proceeds to

describe them as horrible stressful people with no relief in the 'help for partners' section.
