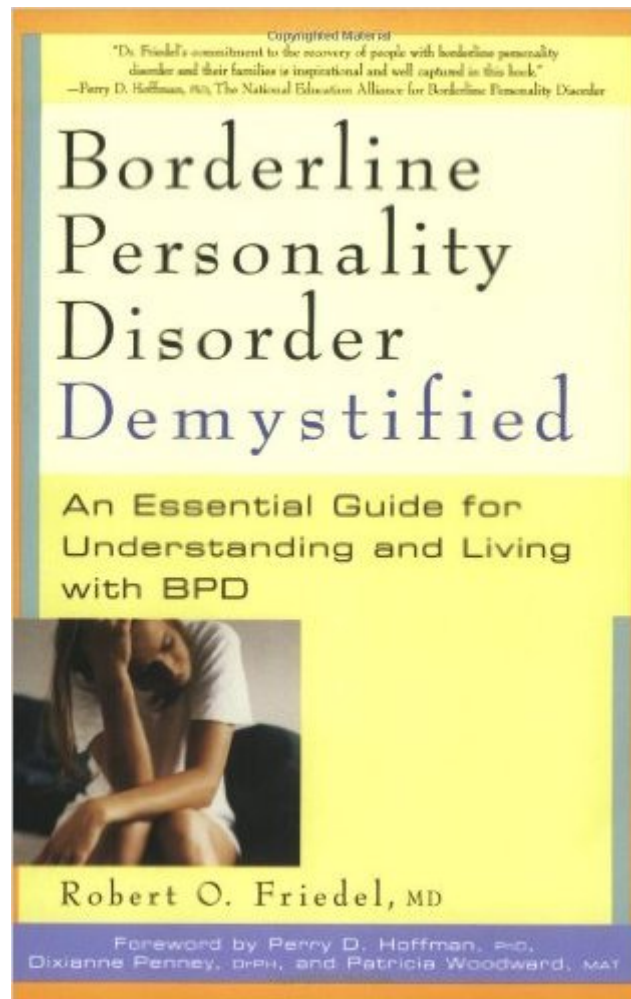


The book was found

# Borderline Personality Disorder Demystified: An Essential Guide For Understanding And Living With BPD



## Synopsis

Over six million Americans suffer from Borderline Personality Disorder (BPD), a chronic, disabling psychiatric condition that causes extreme instability in their emotional lives, behavior, and self-image, and severely impacts their family and friends. In *Borderline Personality Disorder Demystified*, Dr. Robert Friedel, a leading expert in BPD and a pioneer in its treatment, has turned his vast personal experience into a useful and supportive guide for everyone living with and seeking to understand this condition. Friedel helps readers grasp the etiology of Borderline Personality Disorder, the course it takes, the difficulties in diagnosing it, the types of treatment available, strategies for coping, and much more. *Borderline Personality Disorder Demystified* is an invaluable resource for everyone diagnosed with BPD, those who think they might have the illness, and friends and family who love and support them.

## Book Information

Paperback: 272 pages

Publisher: Da Capo Press; 1 edition (August 4, 2004)

Language: English

ISBN-10: 1569244561

ISBN-13: 978-1569244562

Product Dimensions: 0.8 x 6 x 8.8 inches

Shipping Weight: 11.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (81 customer reviews)

Best Sellers Rank: #118,525 in Books (See Top 100 in Books) #107 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#) #360 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Counseling](#) #391 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

## Customer Reviews

This is an excellent overall resource for BPD. It covers the history, causes and course of the disorder as well as the most common treatments both pharmacologically and therapeutically. The scope of the book is very broad and includes information for family members, lots of additional resources, co-occurring disorders and how this problem shows up in children. If you have a scientific bent, you will benefit a lot from the chapter on BPD and the brain. There is a lot of detail on the specific neural pathways involved in impulsive behavior, memory impairment, etc. This information is nicely summarized in easy to understand diagrams and there is a simplified bottom line

explanation at the end of the chapter. This section is well explained and anyone should be able to understand it, even people intimidated by scientific explanations. The overall tone of the book is compassionate and hopeful. The author had a sister who had this disorder and a lot of his motivation for writing it comes from this space of caring and wanting to share both his experience and knowledge. Being a psychiatrist, he dovetails deep knowledge with understanding and compassion. As you may know, BPD is often misdiagnosed and this book helps differentiate multiple things that may be going on and explains how to get clear on whether or not BPD is really something that is going on. I think this is a very important section and it provides enough detail to be useful, but in general he keeps his explanations of other disorders short and to the point. The discussion of psychotherapies is excellent and collected into an excellent summary of which ones are best and the indication for when to use them.

[Download to continue reading...](#)

Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD  
The Borderline Personality Disorder Survival Guide: Everything You Need to Know About  
Living with BPD  
Walking On Eggshells No More, A Practical Guide To Understanding, Coping And  
Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder.  
The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through  
Dialectical Behavior Therapy, Buddhism, and Online Dating  
Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ... Obsessive Compulsive Disorder Book 1)  
Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder  
Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts  
Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath)  
The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder  
Sometimes I Act Crazy: Living with Borderline Personality Disorder Help! I Am In Love With A Narcissist: Narcissistic, Narcissistic Personality Disorder, Sociopath (Manipulation, Personality Disorder, Recovery Advice, Breaking Up)  
Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery)  
Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality)  
Anxiety Disorders: The REAL Truth,

Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Disorder  
Borderline Personality Disorder For Dummies Get Me Out of Here: My Recovery from Borderline Personality Disorder  
Cognitive-Behavioral Treatment of Borderline Personality Disorder Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy  
The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT Handbook of Good Psychiatric Management for Borderline Personality Disorder

[Dmca](#)