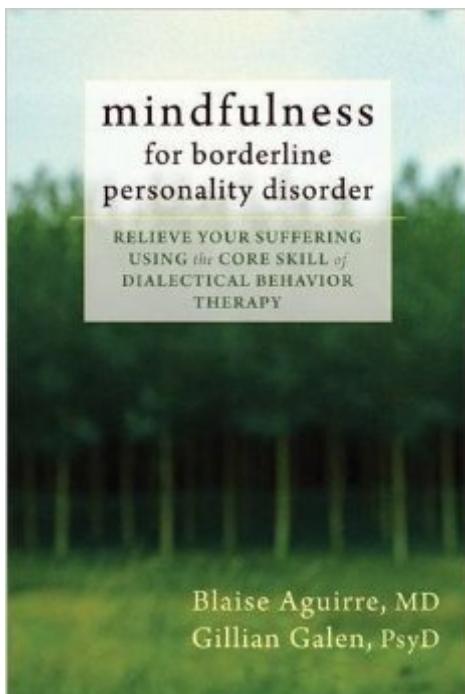


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# Mindfulness For Borderline Personality Disorder: Relieve Your Suffering Using The Core Skill Of Dialectical Behavior Therapy



## **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. Inside, 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 thought .....WHAT 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.

This book ranks right up there with Dr. Alexander Chapman's 'The Borderline Personality Disorder Survival Guide' in essential reading for a BPD. This book is easy to read, and has a gentle, therapeutic approach that actually makes you want to do the hard work of DBT on your own. This is a definite must.

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.

AMAZING!!! as a mom who has suffered, unknowingly, with some degree of borderline, and whose son is very borderline... this book gave me significant insights and great hope and comfort. there is no greater feeling than understanding and not feeling mostly lost and alone in the dark. this book gave me hope for greater inner peace (i remember praying and wishing for inner peace for all of my life, even as a very young child). the progress being made in understanding this type of emotionally

sensitive personality is testament to a positive thread in the evolution of people-kind. i would also recommend **OVERCOMING BORDERLINE PERSONALITY DISORDER** by Valerie Porr, M.A. both of these books were written with such great compassion, intelligence and respect that i can now live with greater acceptance, appreciation and love.

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.

Being an individual with high functioning BPD and having a doctorate in neuroscience, this book is the best resource I have come across for becoming more self aware. Not only does it describe less extreme examples of individuals with BPD, but it provides numerous examples of how to retune bad habits in mentality through practicing many different skills. If you or a loved one suffers from any mood disorder - anxiety, depression, BPD - this book will not only be comforting, but can help overcome the negative patterns of thinking and behaving. It is so easy these days to not live in the here-and-now, and this book describes how to get back that balance.

Drs Aguirre and Galen have authored a wonderfully interesting and helpful book that expands knowledge of the psychiatric disorder, borderline personality disorder with a focus on the essential skill of mindfulness in an a easy-to-read style. The book, while speaking directly to the individual who experiences this disorder, will be a extremely useful guide on the skill of mindfulness to professionals and family members alike.

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