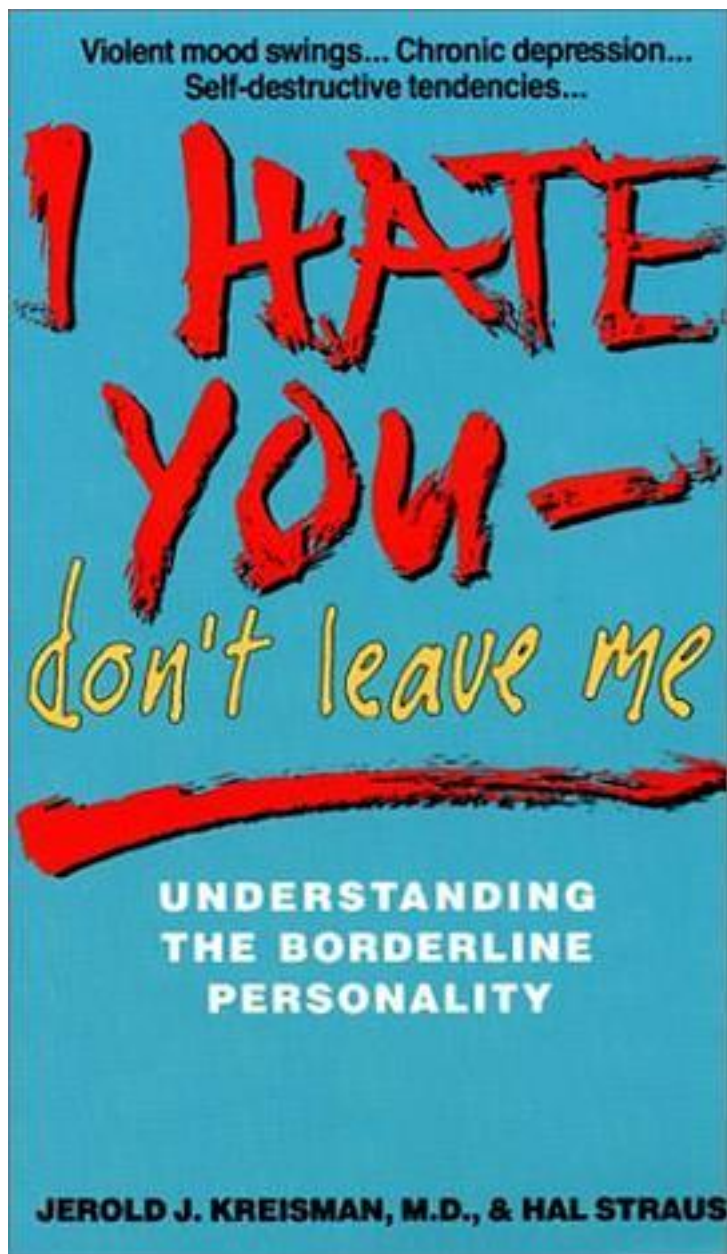


I Hate You, Don't Leave Me



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著者:Jerold J. Kreisman

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<H3 ALIGN=CENTER>"AM I LOSING MY MIND?"</H3>

People with Borderline Personality Disorder experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, despairing and depressed the next. There are an estimated 10 million sufferers of BPD living in America today -- each displaying remarkably similar symptoms:

- a shaky sense of identity
- sudden violent outbursts
- oversensitivity to real or imagined rejection
- brief, turbulent love affairs
- frequent periods of intense depression
- eating disorders, drug abuse, and other

self-destructive tendencies

- an irrational fear of abandonment and an inability to be alone

For years BPD was difficult to describe, diagnose, and treat. But now, for the first time, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families to understand and cope with this troubling, shockingly widespread affliction.

作者介绍:

杰罗德·克雷斯曼博士，美国圣路易斯大学教授，美国心理学会终身教授。著名心理学家与畅销书作家。他经常在美国及其他国家发表学术演讲，并在欧普拉等电视栏目中作为嘉宾，传授心理学方面的知识 with 心理问题解决办法。他创办了边缘型人格障碍治疗中心，对专业人士和病人极有帮助。

哈尔·斯特劳斯，职业医学作家和编辑，从业25年之久。他与克雷斯曼博士合作的此书，一直成为心理类畅销图书。

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标签

边缘性格

心理学

BPD

心理

psychology

边缘型

clinical

borderline

评论

the best general borderline personality disorder book ever. underrated for sure.

终于明白了。。

就是个BPD普及书~

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书评

Mental illness awareness has been high now.如今精神科疾病得到高度关注。There has been so much progress, but we still have a far way to go.尽管取得巨大进步，但仍有很长的路要走。There's still a stigma surrounding different types of illnesses人们对于不同类型精...

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