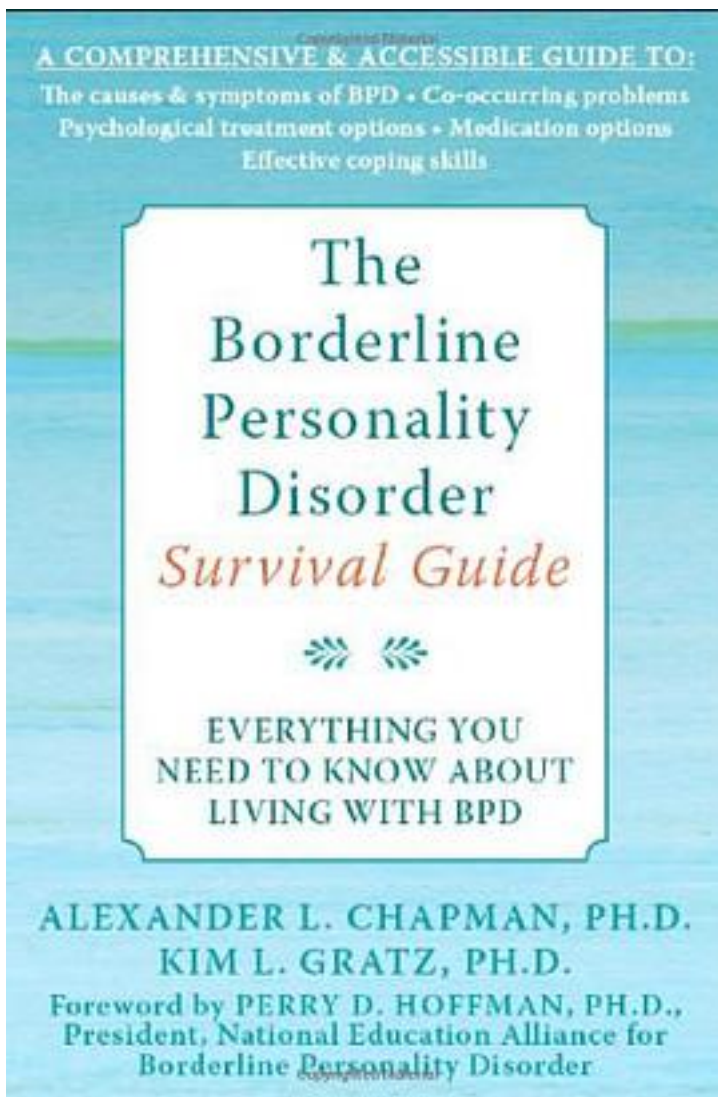


The Borderline Personality Disorder Survival Guide



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One of the more serious and hard-to-treat mental problems, borderline personality disorder (BPD) is also one of the most dangerous. Seventy-five percent of people with BPD will attempt suicide at some point, and ten percent ultimately take their own lives. Living with the symptoms of BPD is obviously a terrible burden for anyone, but receiving a BPD diagnosis and negotiating the necessary treatment can itself be a bewildering and painful process. This compassionate book offers people with BPD a detailed guide to the disorder and a point-by-point plan to the treatment and condition-management process. The book is organized as a series of answers to questions common to BPD sufferers: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: dialectical behaviour therapy (DBT), mentalization-based therapy (MBT), and medical treatment using psychoactive drugs. In the last sections of the book, readers learn a range of day-to-day coping skills that can help moderate the symptoms of BPD.

作者介绍:

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标签

心理学

评论

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书评

一本关于 BPD 的简介，自助还需要学习更具体的技巧。以下是主要内容的摘抄。

本书的编写目的是帮助 BPD 患者了解自身的问题并获得帮助。 第一部分
何谓边缘型人格障碍 第1章 什么是边缘型人格障碍 BPD
是一种人格障碍，涉及人生中许多方面的不稳定性。但患有 BPD 并不是说你存...

关于BPD被误解和污名化，在知乎已经是月经话题。而，很多人面对这个一团糟的问题，却不知道去何处寻求帮助。因此，我非常非常非常非常非常，推荐这本指南。这是我在国内发现的最好的一本，能够全面介绍BPD相关问题的，有科学依据的，解答了大部分常见问题的指南。我真的建议...

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