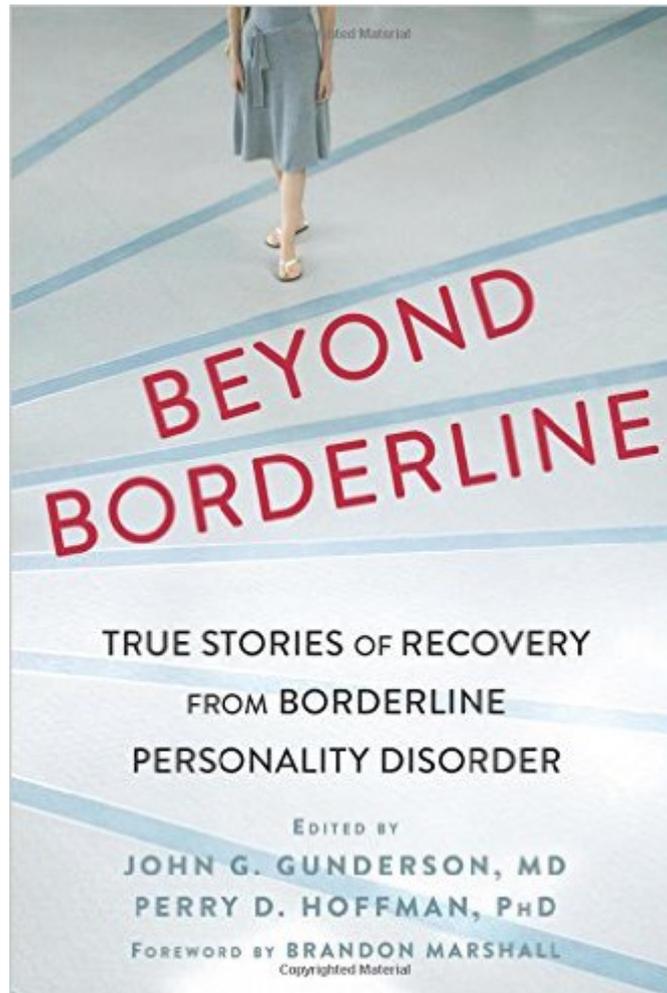


The book was found

# Beyond Borderline: True Stories Of Recovery From Borderline Personality Disorder



## Synopsis

“These survivors hit their mark in helping to change the conversation about borderline personality disorder (BPD).” — Jim Payne, former president of the National Alliance on Mental Illness

This provocative book uncovers the truth about a misunderstood and stigmatized disorder, and offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—the individuals living with it. BPD affects a significant percentage of the population. It is a disorder of relationships, one whose symptoms occur most in interpersonal contexts—and thus impact any number of interpersonal connections in life. When people have BPD, they may struggle to manage their emotions on a daily basis, and have to deal with fears of abandonment, anger issues, self-injury, and even suicidality—all of which can lead to even more instability in relationships.

In *Beyond Borderline*, two internationally acclaimed experts on BPD—including Perry Hoffman, cofounder and president of the National Education Alliance for Borderline Personality Disorder (NEA-BPD)—team up to present a rare glimpse into the lives and recovery of people affected by BPD. This powerful compilation of stories reveals the deeply personal, firsthand perspectives of people who suffer with BPD, explores the numerous ways in which this disorder has affected their lives, and outlines the most debilitating and misunderstood symptoms of BPD (the most tragic being suicide). *Beyond Borderline* delves into the many ways the disorder can present—as well as the many paths to recovery—using evidence-based tools from dialectical behavior therapy (DBT), mindfulness meditation, mentalization-based therapy (MBT), and more. BPD is a challenging disorder that impacts people’s lives and relationships in countless ways. With this book—full of intimate accounts that reflect the myriad ways BPD presents and how it affects not just those afflicted, but also their loved ones—you’ll gain a deeper understanding of the disorder and learn how to move forward on the path toward healing while dealing with BPD.

## Book Information

Paperback: 224 pages

Publisher: New Harbinger Publications (August 1, 2016)

Language: English

ISBN-10: 1626252343

ISBN-13: 978-1626252349

Product Dimensions: 5.9 x 0.3 x 8.9 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars — See all reviews (5 customer reviews)

Best Sellers Rank: #213,352 in Books (See Top 100 in Books) #154 in Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #266 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #7068 in Books > Biographies & Memoirs > Memoirs

## Customer Reviews

Beyond Borderline: BPD's Great Concept Album!! I enjoyed reading Beyond Borderline, 24 stories of people in recovery from borderline personality disorder (BPD). Earlier I loved reading the autobiography, Buddha and the Borderline, because Kiera Van Gelder writes well with wit, feeling and voice. These writers follow that lead as Beyond Borderline reads intensely and each story is only a few pages long. It was like Buddha and the Borderline on steroids and healthier than steroids! A sad fact is that the writers did not want their names on the stories. That reinforces that stigma is still with us! I watched Van Gelder talk on video with a slide that showed names of some others in recovery. She hoped to have 200 names, but only 15 agreed to have their names there. The Afterword of this book emphasizes that these people were in various processes toward recovery. Recovery is a continuous journey. It is not like a happy ending to a movie and all is fixed! As the writer in the chapter "Walking" said: "The happy ending is that I'm alive and there's hope in that." One doesn't usually go back to that life you thought you were going to have. That's what I didn't get for my loved one's first years of this. I thought she's going to get fixed and right back on path! The path is different than expected and recovery is different for everybody. I compare these stories with songs I grew up with on favorite albums. What's the best one on the Beatles "Sergeant Peppers," the Stones "Exile on Main Street," Joni Mitchell's "Hejira," or Dylan's "Blonde on Blonde"? If you chose "With a Little Help from My Friends" from the Beatles Sergeant Peppers album, you might choose Beyond Borderline as your helpful friend off your bookshelf.

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

Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder True Ghost Stories And Hauntings: Horrifying True Paranormal Hauntings From The Last 300 Years: Creepy True Ghost Stories And Accounts (True Ghost Stories, True Paranormal, Bizarre True Stories) The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline Personality Disorder Or Narcissistic Personality Disorder. Personality Disorders: The Ultimate Personality Disorder Guide 2nd Edition - Giving You Clarity, Helping You Move Forward (personality disorders, mental ...

Obsessive Compulsive Disorder Book 1) Bizarre True Stories: Weird And Unusual True Stories Of The Paranormal, Strange Sightings, Eerie True Ghost Stories And Unexplained Phenomena (True Paranormal ... True Ghost Stories And Hauntings) 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 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) Get Me Out of Here: My Recovery from Borderline Personality Disorder Narcissism: Easily Disarming Narcissists and Understanding Their Selfish Personality Disorder (Psychopath, Narcissistic Personality Disorder, Narcissist ... Mood Disorders, Con Men, Sociopath) Ghost Stories: Petrifying True Ghost Stories Of The Undead And Their Supernatural Tales (Ghost Stories, True Ghost Stories, Conspiracy Theories, True Ghost ... And Hauntings, Haunted Asylums, Book 1) 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 Ouija Board Stories: Chilling True Horror Stories Of Ouija Boards Gone Wrong (Ouija Board Stories, Ghost Stories, True Horror Stories, Ouija Board Nightmares, Haunted Places Book 1) Mental Health: Personalities: Personality Disorders, Mental Disorders & Psychotic Disorders (Bipolar, Mood Disorders, Mental Illness, Mental Disorders, Narcissist, Histrionic, Borderline Personality) Addiction: The Last ADDICTION RECOVERY Guide - The Infallible Method To Overcome Any Addiction: (addiction, addiction recovery, breaking addiction, overcoming ... addiction recovery, recovery, clean Book 4) True Bigfoot Stories: Horrifying Encounters Of Bigfoot Horror: What Would You Do? What's The Truth? (True Bigfoot Stories, Cryptozoology, True Bigfoot ... True Bigfoot Encounters, Predator Book 1) Borderline Personality Disorder For Dummies The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD Cognitive-Behavioral Treatment of Borderline Personality Disorder

[Dmca](#)