



Borderline Personality Disorder: A Guide for the Newly Diagnosed (Paperback)

By Alexander L. Chapman, Kim L. Gratz

New Harbinger Publications, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. Borderline personality disorder (BPD) is a mood disorder marked by extreme, fluctuating emotions, black-and-white thinking, problems with interpersonal relationships, and in extreme cases, self-harm. If you have recently been diagnosed with BPD, you likely have many questions. What treatment options are available? How do you tell your friends and loved ones? And what are the common side-effects of medication? A diagnosis of BPD can definitely change your life, but it can also be a catalyst for personal transformation and growth. In *Borderline Personality Disorder: A Guide for the Newly Diagnosed*, two renowned experts on BPD present an easy-to-read introduction to BPD for those who have recently been diagnosed. Readers will learn the most common complications of the illness, the most effective treatments available, and practical strategies for staying on the path to recovery. This book is a part of The New Harbinger Guides for the Newly Diagnosed series. The series was created to help people who have recently been diagnosed with a mental health condition. Our goal is to offer user-friendly resources that provide answers to common questions readers may have after receiving a diagnosis, as well...



READ ONLINE
[5.77 MB]

Reviews

Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

-- *Romaine Rippin*

The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- *Lyda Davis II*