



The Everything Guide to Borderline Personality Disorder: Professional, reassuring advice for coping with the disorder and breaking the destructive cycle (Everything Series)

Constance M. Dolecki MS PhD

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Affecting more than five million people in the United States, borderline personality disorder, also called emotional regulation disorder, has become more common than Alzheimer's, and nearly that of bipolar disorder and schizophrenia combined. Marked by bouts of violence and anger coupled with desperate and fixated love, this disorder is just now being recognized as a true mental illness. *The Everything Guide to Borderline Personality Disorder* is the professional yet compassionate guide that readers need to explore and understand the tumultuous world of BPD, offering information on:

- Experiences, trauma, and heredity as causes of BPD
- Warning signs and red flags from an early age
- Monitoring and recognizing extreme symptoms
- Different treatment options and therapies
- Maintaining safety in a relationship that involves BPD

Featuring the latest therapy information on mindfulness meditation and behavioral relaxation, *The Everything Guide to Borderline Personality Disorder* is the comprehensive resource for families, spouses, and friends dealing with this psychological epidemic.

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