



## Bpd Recovery!: Borderline Personality Disorder Recovery

By Dr Paul Dawson

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 277 x 213 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Dr. Paul Dawson s BPD RECOVERY! Borderline Personality Disorder Recovery. Why read about BPDs and the effects of BPD on non-borderlines? BPD behavior can escalate into very dangerous, violent and chaotic storms. If you live with or know someone struggling with a Borderline Personality Disorder this book is a must for you! Here are easy-to-read practical, proven strategies to finally free yourself from being trapped, controlled, or manipulated by a BPD-suffering person. Reading this book will enable you to: 1) Break destructive cycles if you suffer from BPD; 2) Help friends or families set boundaries; 3) Improve coping communication skills to stabilize your relationship to the BPD sufferer; 4) Sharpen your skills to stand up for yourself assert your needs vs. BPD people; 5) Reduce conflicts protect yourself from violence; 6) Gain insight into BPD-created chaos. BPD relationships are complicated but Dr. Paul Dawson breaks down the co-occurring disorders such as substance abuse, eating disorders, Narcissistic Personality disorder, and Bipolar disorder. Dr. Dawson earned a Ph.D. in psychology from The New School for Social Research,...



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