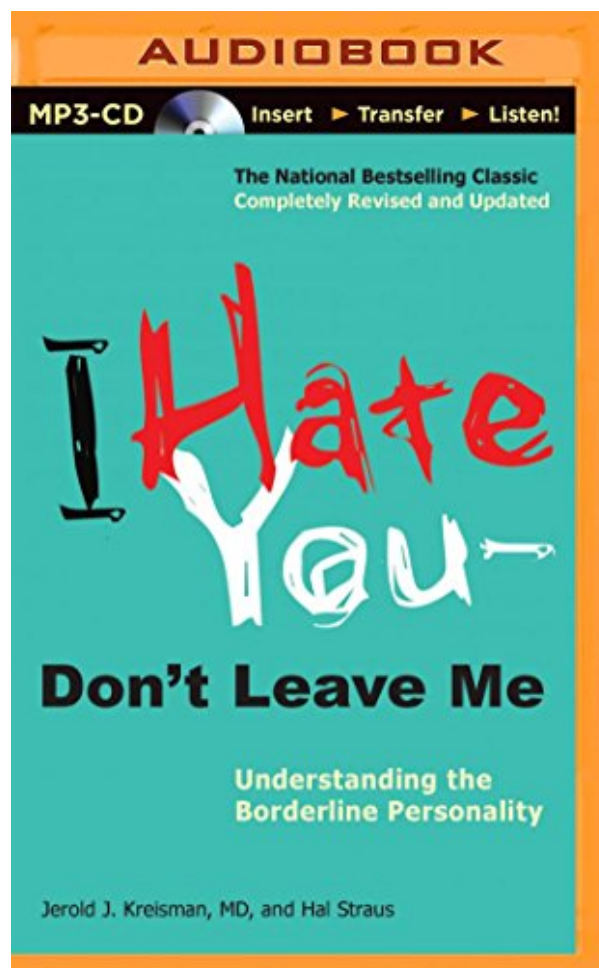
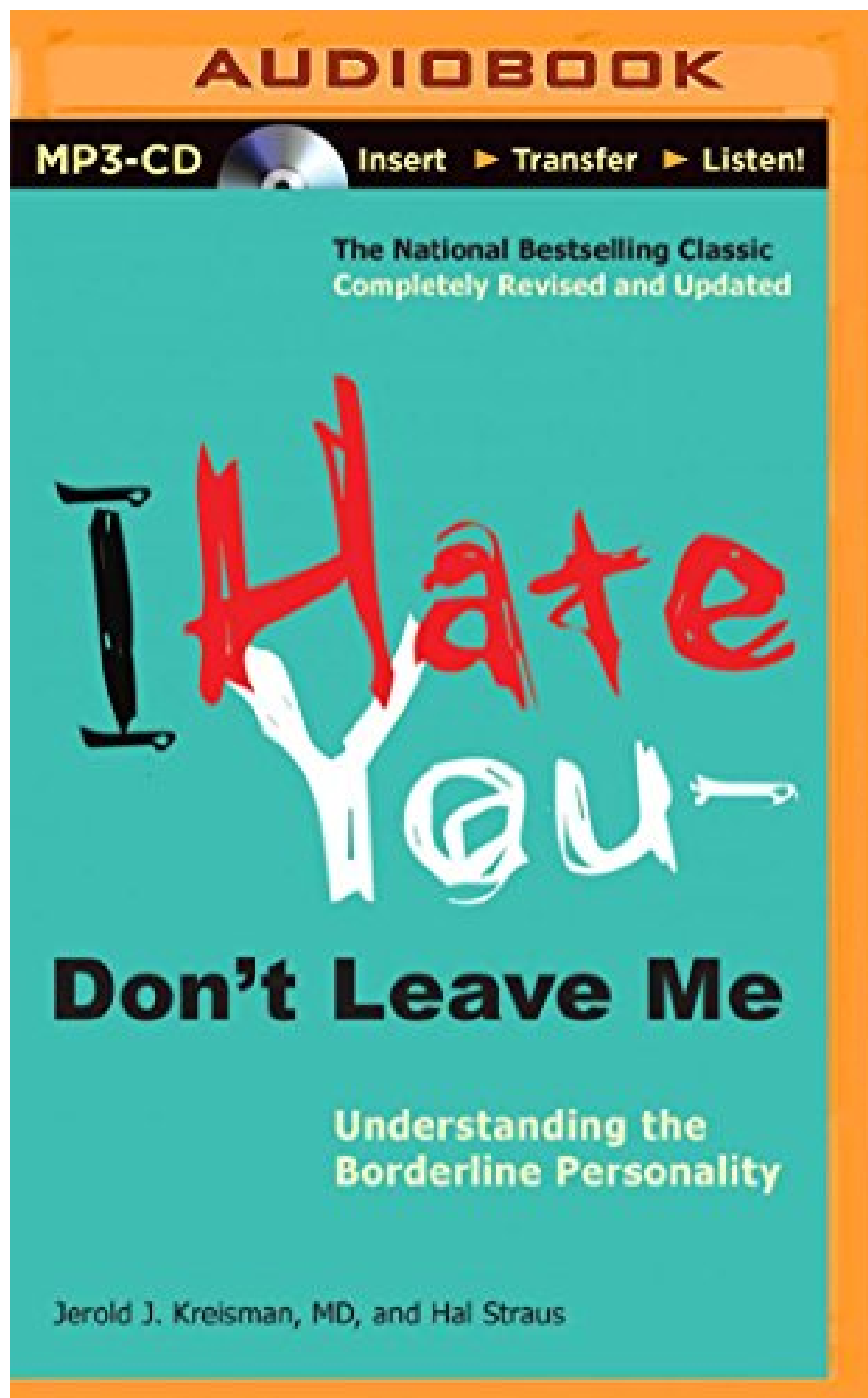


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UNDERSTANDING THE BORDERLINE  
PERSONALITY BY JEROLD J. KREISMAN  
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## Review

"...a book that may save you a lot of time and wasted, misguided pain in dealing with a loved one (with Borderline Personality Disorder)."

-SystemsThinker.com

"...a good resource for professionals and families, because it provides therapists with concrete ideas to incorporate both instruction and hope into their practice by providing patients and their families suggestions in simple, non-condescending language. It is by far the best book on the market on BPD."

-Anita Biase, strugglingteens.com

## About the Author

Jerold J. Kreisman, MD, is a clinician and educator who founded one of the first acute care facilities in the world designed specifically for borderline patients. HAL STRAUS has been a professional medical/health writer and editor for more than twenty-five years. They are also the authors of Sometimes I Act Crazy: Living with Borderline Personality Disorder.

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People with borderline personality disorder (BPD) experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, despairing and depressed the next. There are an estimated 18 million sufferers of BPD living in America today?each displaying remarkably similar symptoms:

- A shaky sense of identity
- Sudden outbursts of anger
- Oversensitivity to real or imagined rejection
- Brief, turbulent love affairs
- Intense feelings of emptiness
- Eating disorders, drug abuse, and other self-destructive tendencies
- An irrational fear of abandonment and an inability to be alone

For years BPD was difficult to describe, diagnose, and treat. But with this classic guide, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families understand and cope with this troubling, shockingly widespread affliction. This completely revised and updated edition includes information on the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder, as well as the connections between BPD and substance abuse, sexual abuse, post-traumatic stress disorder, ADHD, and eating disorders, making it a vital reference for understanding and living with BPD.

“This book belongs on the bookshelf of patients, their friends and family, and for all those who help in their healing.” ?Randi Kreger, author of Stop Walking on Eggshells and The Essential Family Guide to Borderline Personality Disorder

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## Most helpful customer reviews

211 of 224 people found the following review helpful.

Great book .....

By Jim

First, my degrees are in Psychology and Sociology, but we had not studied Borderline Personality Disorders. However, when my wife was diagnosed as being borderline, they suggested this book. I would have sworn, they followed her around and just made notes as they wrote the book. The accuracy of the issues, problems, behaviors, etc.... were spot on. Ironically, all of the things they suggest in how to handle a borderline, were what I was doing. It reinforced to keep doing them, which did help over the long run. It can be hell, and this helped me understand it much better. It also helps people keep their "perspective" about things, and to not get sucked in at the same time.

It should be mandatory reading for anyone dealing with a person who has a borderline personality disorder.

209 of 223 people found the following review helpful.

Absolutely Love This-1 of the Few REAL BPD Books

By Makaveli

I've been diagnosed with BPD and (c)PTSD since i was in my teens. and over, and over, and then once more. this is one of the few books on BPD i actually really like, or love even, because it actually talks about borderline as it REALLY is.

we are not evil people, nor are we narcissistic.

this book is perfect -to me- because they don't make BPD into a "walking on egg shells" issue. which it may be to some family and friends, but, i (most bpd) try to go over the top and beyond for others in a good way. we fear rejection and the most simple (to you) things such as eye movement at "wrong" (to me) time can mean rejection and fear, thus the wall falls and anger is my wall.

there is so much more detail to who we are, i am not the spokesman for BPD but speaking for myself there are so many things i wish i could do and/or change about who i am both within BPD and outside of it. i don't wish to be like this, and i think this book shows very well the reasons and gives amazing details and

comparisons so non-BPD people can hopefully understand us a bit more.

162 of 184 people found the following review helpful.

Extremely Informative

By David

This was suggested to me by a counselor. My wife and I went to a marriage counselor 4 times before she stopped going because it wasn't her priority. I recently started going back to the counselor on my own in an attempt to get advise on how to communicate and interact with my wife when she has sudden and unexplained outbursts of anger, irrational accusations and contradicting arguments. I just finished reading the book and was amazed at how similar the content was to what I have been subjected to and experiencing.

The chapter discussing how to communicate with a BPD person was very informative and I've attempted to apply the method but my wife insists everyone is ganging up on her, stabbing her in the back and that she can't trust anyone... even me. She refuses to accept any responsibility for her behavior.

One thing that has become very clear to me after reading this book is that until a BPD person accepts responsibility for the things they say and do and that it's not everyone else, it will always be a struggle. My greatest fear is the potential impact on our daughters as they grow up and witness their mother's unexplained outbursts.

Very informative and worth reading for anyone who is on the receiving end of unexplained and unpredictable outbursts of anger/rage, unexplained accusations, manipulative comments, and attempts to make you feel like you're always the problem.

See all 423 customer reviews...



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