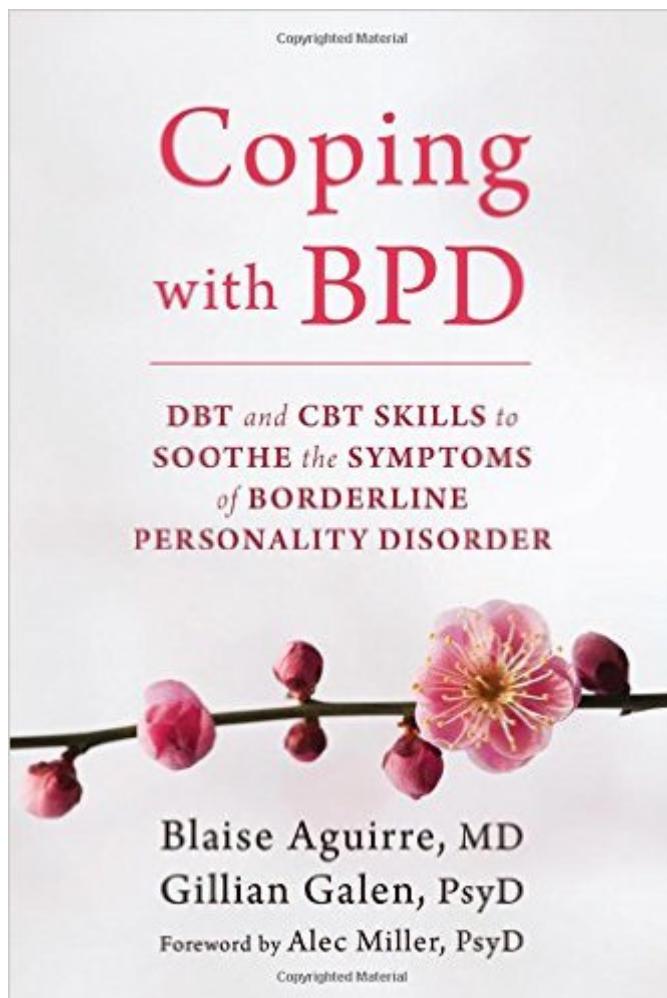


The book was found

# Coping With BPD: DBT And CBT Skills To Soothe The Symptoms Of Borderline Personality Disorder



## Synopsis

In this much-needed book, two renowned borderline personality disorder (BPD) experts offer simple, easy-to-use skills drawn from dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) to help you address the most common issues of BPD, such as intense feelings of anger, depression, and anxiety. For many, having BPD is like living in emotional overdrive. And whether you are feeling depressed, anxious, worried, or angry, you might struggle just to get through each day. So, how can you start balancing your moods and managing your symptoms? This helpful guide addresses over fifty of the most common struggles people with BPD face every day, and offers accessible, evidence-based solutions to help you feel better and get back to living your life. You'll discover powerful DBT and mindfulness skills to help you set personal limits, manage intense emotions and moods, and address issues like substance abuse and doing harm to yourself and others. In addition, you'll learn how to deal with the inevitable negative self-talk, feelings of paranoia, and self-validation. If you're ready to take charge of your BPD; instead of letting it take control of you; this book will be your go-to guide. Perfect for everyday use, the practices within will help you manage your symptoms as they arise.

## Book Information

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## Customer Reviews

The idea behind the book is fair, but it really does not add much to what is available on the internet and to use this book in as situational tool does not make much sense. Mindfulness, stop and think, don't react think and act rinse and repeat. Having said all of this I think others may really love the

layout of this book giving skills learned a practical setting.

the book is not to thick and is easy to read

Excellent providing one can get a patient to read it

Good book

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