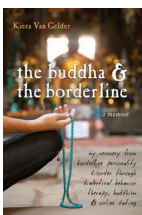


## Books about Borderline Personality Disorder

Below is a list of some publications about Borderline Personality Disorder. Some of these books are available for download. While the list below might be useful, it is not exhaustive. Unfortunately, there are very few Australian Publications. Australian BPD Foundation Ltd does not officially endorse these books or any of the recommendations within these publications, nor is it responsible for any effects or outcomes these books might have on readers.

### **The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behaviour Therapy, Buddhism, and Online Dating** Kiera Van Gelder, 2010



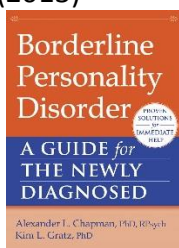
Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others.

### **Get me Out of Here: My Recovery from Borderline Personality Disorder.** Rachel Reiland 2004



This is a firsthand account of Borderline Personality Disorder (BPD)- of how one person lived with and overcame BPD. An accountant and mother of three, Reiland tells the poignant story of her life, which included all-too-familiar episodes of anorexia, promiscuity, impulsiveness, suicide attempts, institutionalization in a mental hospital, and often unrelenting, anger-intensive, violent, and unpredictable behaviour.

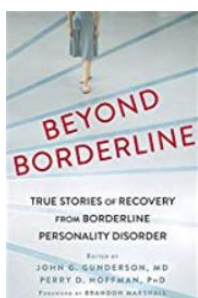
### **Borderline Personality Disorder: A Guide for the Newly Diagnosed** - Alex Chapman & Kim Gratz (2013)



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.

### **Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder (2016)**

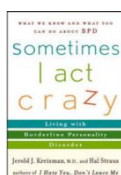
by John G. Gunderson and Perry D Hoffman



This book offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—the individuals living with it. BPD affects a significant percentage of the population. It is a disorder of relationships, one whose symptoms occur most in interpersonal contexts and thus impact any number of interpersonal connections in life. When people have BPD, they may struggle to manage their emotions on a daily basis, and have to deal with fears of abandonment, anger issues, self-injury, and even suicidality—all of which can lead to even more instability in relationships. This powerful compilation of stories

reveals the deeply personal, firsthand perspectives of people who suffer with BPD, explores the numerous ways in which this disorder has affected their lives, and outlines the most debilitating and misunderstood symptoms of BPD (the most tragic being suicide).

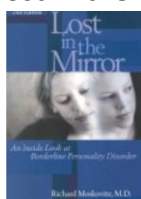
**Sometimes I Act Crazy: Living with Borderline Personality Disorder** Jerold J. Kreisman & Hal Straus (2006)



A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them

This book offers hope and practical advice for BPD sufferers and those who love them.

**Lost in the Mirror: An Inside Look at Borderline Personality Disorder.** Richard A. Moskowitz (2001)



Lost in the Mirror helps readers understand some of the behaviours of BPD by examining the underlying causes of BPD and revealing the unimaginable pain and fear beneath its surface.

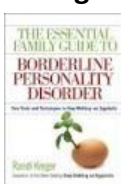
**I Hate You : Don't Leave Me: Understanding the Borderline Personality (Revised)** Jerold J Kreisman and Hal Straus (2010)



This book is an introduction to BPD and gives an insight into how people with BPD experience their world and can help either a family member trying to relate to this frustrating and confusing disorder or the person themselves seeking more understanding of what is happening to them.

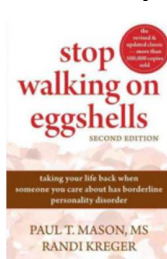
**MAINLY FOR FAMILIES & CARERS**

**The Essential Family Guide to Borderline Personality Disorder New Tools and Techniques to Stop Walking on Eggshells** Randi Kreger, 2008



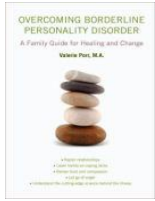
This book is for family members of a person with borderline personality disorder (BPD). Ms Kreger discusses five tools to make home life more manageable for family members and more constructive for the person affected with BPD.

**Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder.** Paul T. Mason & Randi Kreger



This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the person with BPD sufferer in your life. This compassionate guide will enable you to: Make sense out of the chaos. Stand up for yourself and assert your needs. Defuse arguments and conflicts. Protect yourself and others from violent behaviour Also available as a Workbook to help families/carers work through a number of skills. (Published 2002)

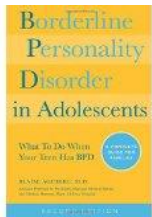
**Overcoming Borderline Personality Disorder: A Family Guide for healing and Change.** V. Porr (2010)



Overcoming Borderline Personality Disorder teaches concerned family members effective coping behaviors and interpersonal skills, such as new ways of talking about emotions, building awareness of nonverbal communication, and validating difficult experiences thereby reducing family conflict and aggressive incidents in the home, while increasing hope and trust.

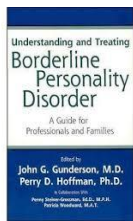
Valerie Porr is the founder of the TARA centre based in New York.

**Borderline Personality Disorder in Adolescents: A complete guide to understanding and coping when your adolescent has BPD 2<sup>nd</sup> edition** Blaise A. Aguirre (2014)



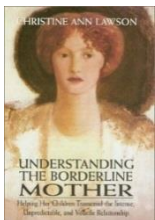
This second edition of *Borderline Personality Disorder in Adolescents* offers parents, caregivers, and adolescents themselves a complete understanding of this complex disorder. It is a comprehensive guide which thoroughly explains what BPD is and what a patient's treatment options are, including an overview of treatment options (e.g., medication and therapy); myths and misunderstandings; tips and strategies for parents; the prognosis for BPD; and practical techniques for effective communication with those who have BPD. It explains the differences in symptoms (or how those symptoms are expressed) in adults and teens with BPD

**Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families.** Editors – J. Gunderson & P. Hoffman (2005)



A number of recognized experts discuss topics such as evidence for the success of various forms of psychotherapy, including Dialectical Behavior Therapy (DBT), in reducing self-injury, drug dependence, and days in the hospital for some groups of people with BPD; resources for families to help them deal with the dysregulated emotions of their loved ones with BPD and to build effective support systems for themselves

**Understanding the Borderline Mother: Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship.** Christine Ann Lawson (2002)

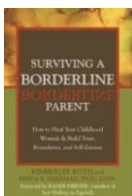


Dr. Christine Ann Lawson vividly describes children with a Borderline mother may in life even as adults.

She describes four character profiles which describe different symptom clusters and goes on to shows how to care for the waif without rescuing her, to attend to the hermit without feeding her fear, to love the queen without becoming her subject, and to live with the witch without becoming her victim.

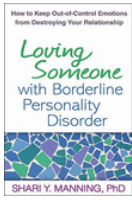
Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality.

**Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries and Self-esteem.** Kimberlee Roth & Freda B. Friedman (2004)



Surviving a Borderline Parent is the first step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder. Discover specific coping strategies for dealing with issues common to children of borderline parents: low self-esteem, lack of trust, guilt, and hypersensitivity.

**Loving Someone with Borderline Personality Disorder** Shari Y. Manning (2011)



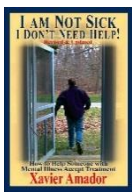
People with Borderline Personality Disorder (BPD) can be compassionate, caring, smart, and funny, but they are also prone to difficult emotional outbursts and self-destructive acts. Shari Manning helps overwhelmed loved ones understand why their family member acts the way they do and she teaches how to respond constructively. See her on YouTube explaining <http://www.youtube.com/watch?v=Pstv6FZZIQw>

**The Siren’s Dance: My marriage to a Borderline: A case study.** Anthony Walker (2003)



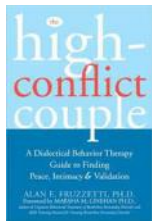
This memoir follows the relationship between the author (a psychiatrist) and his wife, Michelle, from its tumultuous beginning in 1985 to their ambivalent last good-bye three years later.

**I am Not Sick I Don't Need Help!** By Xavier Amador (2000)



This is a great book for someone who finds themselves dealing with someone in denial of an illness, like Borderline Personality Disorder. The principles can be used for many illnesses, not just mental illness, and it can make the difference between being a loving caregiver to a frustrated caretaker.

**The High-Conflict Couple: A Dialectical Behavior Therapy Guide to Finding Peace, Intimacy, and Validation.** Alan E, Fruzzetti (2006)



This is the first book to use dialectical behaviour therapy (DBT) to help high-conflict couples regulate out-of-control emotions, tolerate distressing situations, and resolve problems—an approach proven to help even the most highly reactive couples build healthy relationships.

**MAINLY FOR HEALTH PROFESSIONALS / CLINICIANS**

**NHMRC 2012 Clinical Practice Guideline for the Management of Borderline Personality Disorder**



This National, Australian guideline seeks to improve understanding and recognition of BPD in health services and the community and will assist health professionals to diagnose, treat and manage BPD in adolescents and adults. Guidelines may be downloaded or a free printed copy may be ordered from: <http://www.nhmrc.gov.au/guidelines/publications/mh25>

**Wise Choices: Acceptance and Commitment therapy groups for people with borderline personality Disorder.** J. Morton & L. Shaw 2012



'Wise Choices' is a group treatment manual for borderline personality disorder which is based on Acceptance and Commitment Therapy (ACT). The manual includes a CD with electronic copies of 70 participant handouts. Mainly written for therapist it also provides useful information for people with BPD and those that love them. (Available for purchase online from <http://www.spectrumbpd.com.au/>)