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Nota di bibliografia	Includes bibliographical references.
Nota di contenuto	Intro -- Foreword -- Introduction -- Part 1: How to Listen to Your True Inner Voice -- A Thought Is a Thesis -- Accessing Your Inner Archetypes -- Pleasurable Events Practice -- Who Is Running the Show in a Crisis? -- Open and Listen to Your Heart -- Part 2: Handling Life Stress, Upsets, and Triggers -- Plan Ahead to Feel Better in the Moment -- Your Superpowers -- Mental Health Vacation -- Acknowledging When Life Goes Right -- Get Out of Your Mind -- Part 3: Strengthening Your Emotional Resiliency from the Inside Out -- Being Mindful of Your Body -- Your Off--Screen Performance -- Self--Care Using Your Senses -- Walk This Way (Mindfully) -- Part 4: Connecting, Loving, and Boundaries -- Relationship Inventory -- Beloved Boundaries -- Accepting a Different Point of View -- Repairing Relationships -- Part 5: Setting Intentions and Ideas for Future Exploration -- Using Imagination to Access Inner Wisdom -- Assessing Your Values -- What's at Stake? -- Building Mastery -- Moving Forward with Intention -- Moving On and Moving Forward -- Acknowledgments -- References.
Sommario/riassunto	For people with borderline personality disorder (BPD), writing can be a profound vehicle for self-reflection and healing. In The Stronger Than BPD Journal, influential BPD blogger, advocate, and peer educator Debbie Corso and psychotherapist Kathryn C. Holt offer a guided journal based in dialectical behavior therapy (DBT) to help readers with BPD manage strong emotions, strengthen emotional resiliency, and

build lasting relationships.

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