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Titolo	Beyond borderline : true stories of recovery from borderline personality disorder // edited by John G. Gunderson, Perry D. Hoffman
Pubbl/distr/stampa	Oakland, California : , : New Harbinger Publications, Inc., , 2016 ©2016
ISBN	1-62625-235-1
Descrizione fisica	1 online resource (194 pages)
Disciplina	616.85852
Soggetti	Borderline personality disorder - Treatment
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Anguish management -- Letting the light in -- I am not just a box in the DSM-5 -- You talk and don't know that I listen -- Dangerous to delightful -- Persisting hope -- If i wee to tell you that I have a disorder that affects only 2 percent of the population, what would your reaction be? -- Restoration -- Trust no one -- Just like a timepiece -- Breaking bad -- On the other side -- Survivor -- How to build and bust a life -- I am a scientist -- There is a yolk under those shells -- My destructive patterns characterizing my borderline personality -- Walking -- Treatment at Halliwick -- Reasons -- Angry all the time -- From numbness to happiness -- Mosaic of a fractured self -- Riding the waves.
Sommario/riassunto	This provocative book uncovers the truth about a misunderstood and stigmatized disorder, and offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts and the individuals living with it.