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Nota di contenuto	Intro -- Contents -- Acknowledgments -- Introduction to the Third Edition -- PART 1. Understanding BPD Behavior -- CHAPTER 1. Does Someone You Care About Have Borderline or Narcissistic Personality Disorder? -- CHAPTER 2. What Is Borderline Personality Disorder? -- CHAPTER 3. Making Sense of the Narcissist -- CHAPTER 4. Living in a Pressure Cooker: How BPD Behavior Affects You -- PART 2. Taking Back Control of Your Life -- CHAPTER 5. Making Changes Within Yourself -- CHAPTER 6. Understanding Your Situation: Setting Boundaries and Honing Skills -- CHAPTER 7. Asserting Your Needs with Confidence and Clarity -- CHAPTER 8. Creating a Safety Plan -- CHAPTER 9. Protecting Children from BPD Behavior -- PART 3. Resolving Special Issues -- CHAPTER 10. Waiting for the Next Shoe to Drop: Your Borderline Child -- CHAPTER 11. Lies, Rumors, and Accusations: Distortion Campaigns -- CHAPTER 12. What Now? Making Decisions About Your Relationship -- APPENDIX A. Causes and Treatment of BPD -- APPENDIX B. Practicing Mindfulness -- APPENDIX C. Resources -- APPENDIX D. Are You Being Abused? -- References -- About the Authors.
Sommario/riassunto	Stop Walking on Eggshells has already helped more than a million people with friends and family members suffering from borderline personality disorder (BPD) understand this difficult disorder, set

boundaries, and help their loved ones to stop relying on dangerous behaviors. This fully revised and updated third edition includes the very latest BPD research, extensive new information on narcissistic personality disorder (NPD), comorbidity and the effectiveness of schema therapy, and includes coping and communication skills readers can use to stabilize their relationship with the BPD or NPD sufferer in their life.
