

borderline personality disorder books pdf

“Aguirre and Galen have written a lucid, elegant, and practical book. Speaking directly to the individual with borderline personality disorder, they offer accessible explanations and instructions for applying ancient mindfulness practices to current suffering, destructive urges, waves of emotional pain, and endangered relationships—all in the service of building a life worth living.

Mindfulness for Borderline Personality Disorder

Splitting: Protecting Yourself While Divorcing Someone with Borderline or Narcissistic Personality Disorder
Audible Audiobook “ Unabridged

Amazon.com: Splitting: Protecting Yourself While Divorcing

Sadistic personality disorder is a personality disorder involving sadism which appeared in an appendix of the Diagnostic and Statistical Manual of Mental Disorders (). The later versions of the DSM (DSM-IV, DSM-IV-TR and DSM-5) do not include it. The words sadism and sadist are derived from Marquis de Sade

Sadistic personality disorder - Wikipedia

Girl, Interrupted is a best-selling 1993 memoir by American author Susanna Kaysen, relating her experiences as a young woman in a psychiatric hospital in the 1960s after being diagnosed with borderline personality disorder. The memoir's title is a reference to the Vermeer painting Girl Interrupted at Her Music.. While writing the novel Far Afield, Kaysen began to recall her almost two years at ...

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