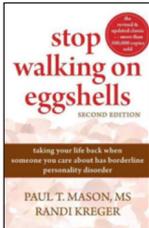


For families, partners & carers: What else can I read?

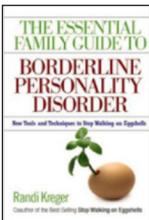
Below is a list of some publications about Borderline Personality Disorder as well as descriptions by the publishers. While the list below might be useful, it is not exhaustive. Project Air Strategy does not officially endorse these books or any of the recommendations within these publications, nor is it responsible for any effects or outcomes these books might have on readers.



Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

By Paul T. Mason and Randi Kreger

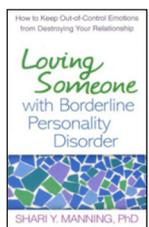
Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are “walking on eggshells” to avoid the next confrontation? If the answer is “yes,” someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. 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 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 behavior



The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells

By Randi Kreger

For family members of people with borderline personality disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused, hurt, and helpless. In her pioneering first book “Stop Walking on Eggshells,” co-authored with Paul T. Mason, Randi Kreger outlined the fundamental differences in the way that people with borderline personality disorder (BPD) relate to the world. Now, with “The Essential Family Guide to Borderline Personality Disorder,” she takes readers to the next level, giving them straightforward tools to get off the emotional roller coaster and repair relationships with loved ones with BPD. Kreger answers the questions family members most want to ask about: the symptoms and treatment of BPD, including why BPD is so misdiagnosed; how symptoms can differ by age and gender; and how addiction and other disorders complicate BPD. She then outlines how families can set boundaries and communicate.

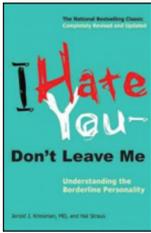


Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship

By Shari Y. Manning

People with Borderline Personality Disorder (BPD) can be compassionate, caring, smart, and funny, but they are also prone to explosive emotional outbursts and highly self-destructive acts. BPD expert Dr. Shari Manning helps overwhelmed loved ones understand why their spouse, adult child, or other family member acts so “impossible” -- and learn to respond differently. She presents simple yet powerful strategies that can radically transform a troubled relationship. Loads of true stories demonstrate ways to defuse crises, set limits, and help the person with BPD build crucial problem-solving and emotion-management skills. Empathic, hopeful, and science based, this is the first book for significant others grounded in Dialectical Behavioral Therapy (DBT), the most effective treatment for BPD. This book will be particularly important for loved ones facing the challenges of BPD; mental health professionals and students.

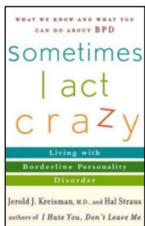
The Project Air Strategy acknowledges the major support of NSW Health. The Project works with mental health clinicians, consumers and carers to deliver effective treatments, implements research strategies supporting scientific discoveries, and offers high quality training and education. Contact us at info-projectair@uow.edu.au or visit www.projectairstrategy.org



I Hate You--Don't Leave Me: Understanding the Borderline Personality

By Jerold Jay Kreisman and Hal Straus

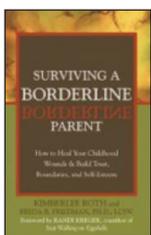
A revised and updated edition of the bestselling guide to understanding borderline personality disorder. After more than two decades as the essential guide to Borderline Personality Disorder (BPD), this new edition now reflects the most up- to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder as well as connections between BPD and substance abuse, sexual abuse, Post-Traumatic Stress Syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD. This expanded and revised edition remains as accessible and useful as its predecessor and will reestablish this book as the go-to source for those diagnosed with BPD, their family, friends, and colleagues, as well as professionals and students in the field.



Sometimes I Act Crazy: Living with Borderline Personality Disorder

By Jerold J. Kreisman and Hal Straus

A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair pulling? Do you feel empty inside, or as if you don't know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there's a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of I Hate You, Don't Leave Me, offers proven techniques that help you: Manage mood swings Develop lasting relationships Improve your self-esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help

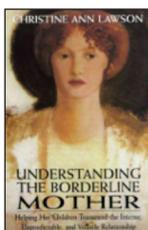


Surviving a Borderline Parent:

How to Heal Your Childhood Wounds and Build Trust, Boundaries and Self-esteem

By Kimberlee Roth and Freda B. Friedman

Surviving a Borderline Parent is the first step-by-step guide for adult children of parents with borderline personality disorder. Between 6 and 10 million people in the US suffer from borderline personality disorder. This book teaches adult children how to overcome the devastating effects of growing up with a parent who suffers from BPD. Although relatively common, borderline personality disorder (BPD) is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it. Symptoms of this problem include unpredictability, violence and uncontrollable anger, deep depression and self-abuse. Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. In an ironic and painful role reversal, BPD parents can actually raise children to be their caretakers. They may burden even very young children with adult responsibilities. If you were raised by a BPD parent, your childhood was a volatile and painful time. This book, the first written specifically for children of borderline parents, offers 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. Make the major decision whether to confront your parent about his or her condition.



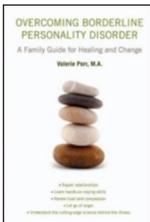
Understanding the Borderline Mother:

Helping Her Children Transcend the Intense, Unpredictable, and Volatile Relationship

By Christine Ann Lawson

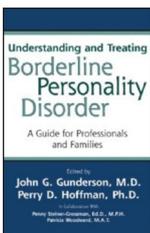
The first love in our lives is our mother. Recognizing her face, her voice, the meaning of her moods, and her facial expressions is crucial to survival. Dr. Christine Ann Lawson vividly describes how mothers who suffer from borderline personality disorder produce children who may flounder in life even as adults, futilely struggling to reach the safety of a parental harbor, unable to recognize that their borderline parent lacks a pier, or even a discernible shore. Four character profiles describe different symptom clusters that include the waif mother, the hermit mother, the queen mother, and the witch. Children of borderlines are

at risk for developing this complex and devastating personality disorder themselves. Dr. Lawson's recommendations for prevention include empathic understanding of the borderline mother and early intervention with her children to ground them in reality and counteract the often dangerous effects of living with a "make-believe" mother. Some readers may recognize their mothers as well as themselves in this book. They will also find specific suggestions for creating healthier relationships. Addressing the adult children of borderlines and the therapists who work with them, Dr. Lawson 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.



Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change
By Valerie Porr

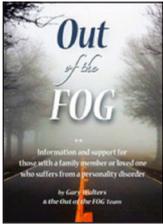
BPD is a potentially devastating mental disorder characterized by unstable moods, negative self-image, and dangerous impulsivity. Many people with BPD excel in academics and careers while revealing erratic, self-destructive, and sometimes violent behavior only to those with whom they are intimate. Others have trouble simply holding down a job or staying in school. It is believed that suicide claims about one in ten people with BPD. *Overcoming Borderline Personality Disorder: A Family Guide for Healing and Change* is a compassionate, informative, and reassuring guide to understanding this profoundly unsettling – and widely misunderstood--mental illness, believed to affect 2-3% of the general population. *Overcoming Borderline Personality Disorder* offers families and loved ones supportive guidance that both validates the difficulties they face and shows how they can be overcome. Rather than viewing people with BPD as manipulative opponents in a bitter struggle, or pitying them as emotional invalids, this book argues that BPD is in fact a true neurobiological disorder. It clearly explains what BPD is, which therapies have proven most effective, and how to overcome the stigma associated with the disorder. The book 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. These skills are derived from Dialectical Behavior Therapy and Mentalization Therapy, two evidence-based treatments that have proven highly successful in reducing family conflict and aggressive incidents in the home, while increasing hope and trust. Providing accessible explanations of cutting-edge neurobiological research, *Overcoming Borderline Personality Disorder* takes a fundamentally different approach to the disorder: an empowering and hopeful guide to increasing understanding of the BPD experience--and to making use of that understanding in day-to-day interactions.



Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families

By John G. Gunderson & Perry D. Hoffman

Understanding and Treating Borderline Personality Disorder: A Guide for Professionals and Families offers both a valuable update for mental health professionals and much-needed information and encouragement for BPD patients and their families and friends. The editors of this eminently practical and accessible text have brought together the wide-ranging and updated perspectives of 15 recognized experts who discuss topics such as: A new understanding of BPD, suggesting that individuals may be genetically prone to developing BPD and that certain stressful events may trigger its onset. New 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. Pharmacology research showing that the use of specific medications can relieve the cognitive, affective, and impulsive symptoms experienced by individuals with BPD, as part of a comprehensive psychosocial treatment plan. New 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. Yet much remains to be done. Research on BPD is 20 to 30 years behind that on other major psychiatric disorders such as schizophrenia and bipolar disorder. Despite evidence to the contrary, much of the professional literature on BPD continues to focus on childhood trauma, abuse, and neglect as triggers for BPD to the detriment of both patient and family. Families of people with BPD must deal with an array of burdens in coping with the illness, often without basic information. The chapters on families and BPD give voice to the experience of BPD from the perspective of individuals and family members, and offer the hope that family involvement in treatment will be beneficial to everyone. Above all, this book is about the partnership between mental health professionals and families affected by BPD, and about how such a partnership can advance our understanding and treatment of this disorder and provide hope for the future.



***Out of the FOG:
Information and support for those with a family member or loved one who suffers
from a personality disorder***

By: Gary Walters

Out of the FOG was written by a group of people who have experienced a relationship with a family member, spouse or partner who suffers from a personality disorder.

Personality disorders are serious mental-health conditions which affect millions of people but which often go undiagnosed and misunderstood. Personality disorders often deteriorate the quality of life not only of the people who suffer from them, but also their family members, spouses, partners, friends, colleagues and acquaintances.

The acronym FOG stands for Fear, Obligation & Guilt - feelings which often result from being in a relationship with a person who suffers from a Personality Disorder. It was first coined by Susan Forward & Donna Frazier in their book "Emotional Blackmail: When the People in Your Life Use Fear, Obligation, and Guilt to Manipulate You."

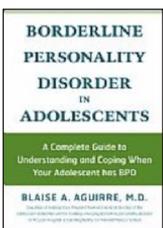
It is the goal of this book to help inform and encourage family members, spouses, partners, friends and caregivers as they try to work their way out of the confusion, out of the chaos and out of the FOG.

The emphasis of Out of the FOG is to describe personality disorders from a Non-personality-disordered individual's point of view. In other words; what is it like to live with a person with Narcissitic or Borderline Personality Disorder? What's it like to have a parent with a Histrionic or Dependent Personality Disorder? How do you cope when confronted with the prospect of caring for someone with Obsessive-Compulsive or Avoidant Personality Disorder?

The descriptions of personality disorders given in this book are based not only on the clinical criteria used for diagnosis but also on the experiences of people who have cared for someone who suffers from a personality disorder; what it feels like, what works and what doesn't.

We often think of people in simple terms such as good and bad, friends and enemies, loving and hateful. Personality disorders are not so simple and the people who suffer from them often exhibit behaviors which are at times constructive and at other times destructive. This often creates confusion for those who come into contact with them.

If you have a family member or loved-one who suffers from a personality disorder, it is our hope that the information contained here may help you understand these behaviors better and navigate out of the FOG in your own life.



***Borderline Personality Disorder in Adolescents:
A complete guide to understanding and coping when your adolescent has BPD***

By: Blaise A. Aguirre

Borderline Personality Disorder in Adolescents offers parents, caregivers, and adolescents themselves a complete understanding of this complex and tough-to-treat disorder. This comprehensive guide thoroughly explains what BPD is and what a patient's treatment options are, including the revolutionary new treatment called dialectic behavior therapy. Author Blaise A. Aguirre, M.D., one of the foremost experts in the field, describes recent advances in treatments and brings into focus what we do and don't know about this condition. Readers will learn the differences between BPD and other adolescent psychiatric diagnoses; treatment options (e.g., medication and therapy); how to choose the right therapist; how to determine when inpatient treatment is necessary; how to enforce boundaries; how to take care of and protect yourself; and practical techniques for effective communication with those who have BPD.