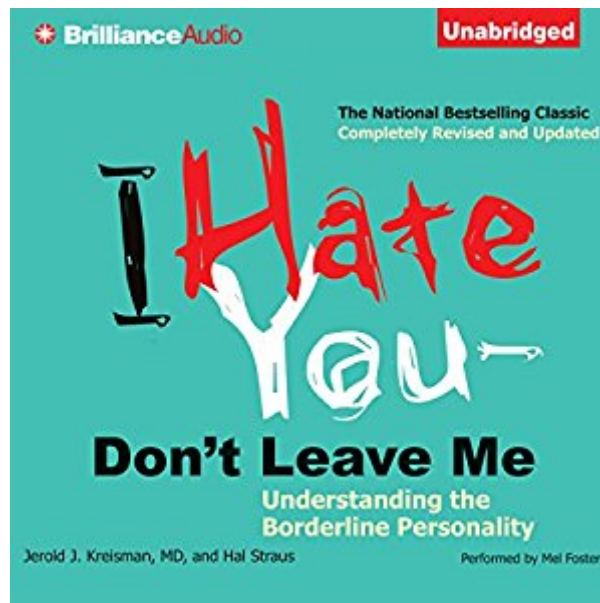




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# I Hate You - Don't Leave Me: Understanding The Borderline Personality



## Synopsis

People with borderline personality disorder (BPD) experience such violent and frightening mood swings that they often fear for their sanity. They can be euphoric one moment, then despairing and depressed the next. There are an estimated 18 million sufferers of BPD living in America today - each displaying remarkably similar symptoms: A shaky sense of identity Sudden outbursts of anger Oversensitivity to real or imagined rejection Brief, turbulent love affairs Intense feelings of emptiness Eating disorders, drug abuse, and other self-destructive tendencies An irrational fear of abandonment and an inability to be alone For years BPD was difficult to describe, diagnose, and treat. But with this classic guide, Dr. Jerold J. Kreisman and health writer Hal Straus offer much-needed professional advice, helping victims and their families understand and cope with this troubling, shockingly widespread affliction. This completely revised and updated edition includes information on the most up-to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder - as well as the connections between BPD and substance abuse, sexual abuse, post-traumatic stress disorder, ADHD, and eating disorders - making it a vital reference for understanding and living with BPD.

## Book Information

Audible Audio Edition

Listening Length: 7 hours 57 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Brilliance Audio

Audible.com Release Date: April 11, 2012

Whispersync for Voice: Ready

Language: English

ASIN: B007T62DBW

Best Sellers Rank: #18 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders

#20 in Books > Health, Fitness & Dieting > Mental Health > Personality Disorders #29

in Books > Medical Books > Psychology > Mental Illness

## Customer Reviews

I've been diagnosed with BPD and (c)PTSD since i was in my teens. and over, and over, and then once more. this is one of the few books on BPD i actually really like, or love even, because it actually talks about borderline as it REALLY is.we are not evil people, nor are we narcissistic.this

book is perfect -to me- because they don't make BPD into a "walking on egg shells" issue. which it may be to some family and friends, but, i (most bpd) try to go over the top and beyond for others in a good way. we fear rejection and the most simple (to you) things such as eye movement at "wrong" (to me) time can mean rejection and fear, thus the wall falls and anger is my wall. there is so much more detail to who we are, i am not the spokesman for BPD but speaking for myself there are so many things i wish i could do and/or change about who i am both within BPD and outside of it. i don't wish to be like this, and i think this book shows very well the reasons and gives amazing details and comparisons so non-BPD people can hopefully understand us a bit more.

Not what I expected. Thought it would be informative than it was.

This was recommended to me by one of my mentors and she was absolutely spot on. This changed my perspective and opened my eyes to some of the issues that I have had to deal with, with myself as well as people close to me.

Very insightful for those fully diagnosed that need a more in depth explanation. It helped me understand my Borderline Personality Disorder and once you understand it, you can work to improve.

Excellent book for understanding BPD. I used this for a project. Several copies came damaged until a new book was sent.

Helpful book for families. Lots of folks who struggle with this personality disorder. Hard on them, hard on families. Book provides clear, real-life examples of this very real and significant condition.

Learning about Borderline Personality Disorder has been very helpful. I have a family member that has it and this book is very enlightening.

Fantastic book on BPD. I have read much on this subject and feel this book is a great place to start if you want to learn about this condition.

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I Hate You - Don't Leave Me: Understanding the Borderline Personality Walking On Eggshells No More, A Practical Guide To Understanding, Coping And Living With Someone Who Has Borderline

Personality Disorder Or Narcissistic Personality Disorder. The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Narcissistic Parents.: 10 Tips on How to Not Hate Your Parents. Toxic parents,immature parents. (Borderline Personality Disorder, Narcissistic Parent, ... the Narcissist Book2.Immature parents.) I Hate You, Don't Leave Me Mid-Life Career Rescue Series Box Set (Books 1-3):The Call For Change, What Makes You Happy, Employ Yourself: How to change careers, confidently leave ... you hate, and start living a life you love, Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD Hard to Love: Understanding and Overcoming Male Borderline Personality Disorder Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder One Way Ticket To Kansas Caring About Someone With Borderline Personality Disorder And Finding A Healthy You The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do The Life-Changing Magic of Not Giving a F\*ck: How to Stop Spending Time You Don't Have with People You Don't Like Doing Things You Don't Want to Do (A No F\*cks Given Guide) The Virgo Personality: Understanding Your Own Innate Virgo Personality Traits and Virgo Characteristics to Become a Better Virgo Woman The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship 50 Things to Know about Borderline Personality Disorder Cognitive-Behavioral Treatment of Borderline Personality Disorder Borderline Personality Disorder For Dummies Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy

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