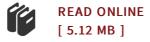




Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder

By Blaise Aguirre

New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder, Blaise Aguirre, For many, having BPD is like living in emotional overdrive. And whether you are feeling depressed, anxious, worried, or angry, you might struggle just to get through each day. So, how can you start balancing your moods and managing your symptoms? This helpful guide addresses over fifty of the most common struggles people with BPD face every day, and offers accessible, evidence-based solutions to help you feel better and get back to living your life. You'll discover powerful DBT and mindfulness skills to help you set personal limits, manage intense emotions and moods, and address issues like substance abuse and doing harm to yourself and others. In addition, you'll learn how to deal with the inevitable negative self-talk, feelings of paranoia, and self-invalidation. If you're ready to take charge of your BPD-instead of letting it take control of you-this book will be your go to guide. Perfect for everyday use, the practices within will help you manage your symptoms as they arise.



Reviews

This type of publication is almost everything and taught me to hunting ahead plus more. It is writter in easy terms rather than difficult to understand. Your way of life period will likely be transform once you comprehensive looking at this ebook.

-- Gladyce Reinger

This book is great. it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- Sterling Kris

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