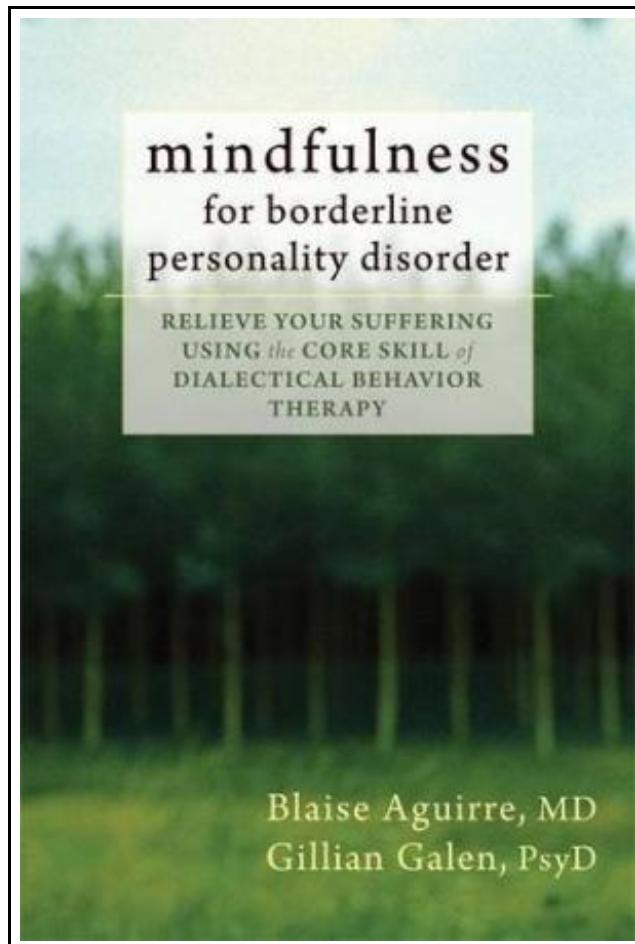


Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy



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New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy, Blaise Aguirre, If you have borderline personality disorder (BPD), you know that the intensity of your emotions can be suffocating, and can lead to self destructive behavior and relationship difficulties. Fluctuating emotions, black and white thinking, and a tendency to self-harm can make BPD especially difficult to treat. As an answer to the lack of effective treatment available, dialectical behavior therapy (DBT) was founded by Marsha Lineham-who suffered from BPD herself-to treat BPD with a combination of behavioral science and concepts of acceptance and commitment therapy (ACT). Since its creation, DBT has proven extremely successful in the treatment of BPD. Mindfulness for Borderline Personality Disorder offers a new, mindfulness-based approach to emotion regulation and the common symptoms associated with BPD. If you are suffering from BPD, the practice of mindfulness can offer comfort, calm, and hope. This book will look at the ways in which mindfulness can be used to address the specific symptoms of BPD, teaching the basics of mindfulness, providing specific mindfulness exercises, application to the symptoms of BPD, and examples from patients as they have begun the path out of suffering using mindfulness. If you are ready to change your life and minimize your symptoms, this book is a powerful, evidence-based tool that can help.



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