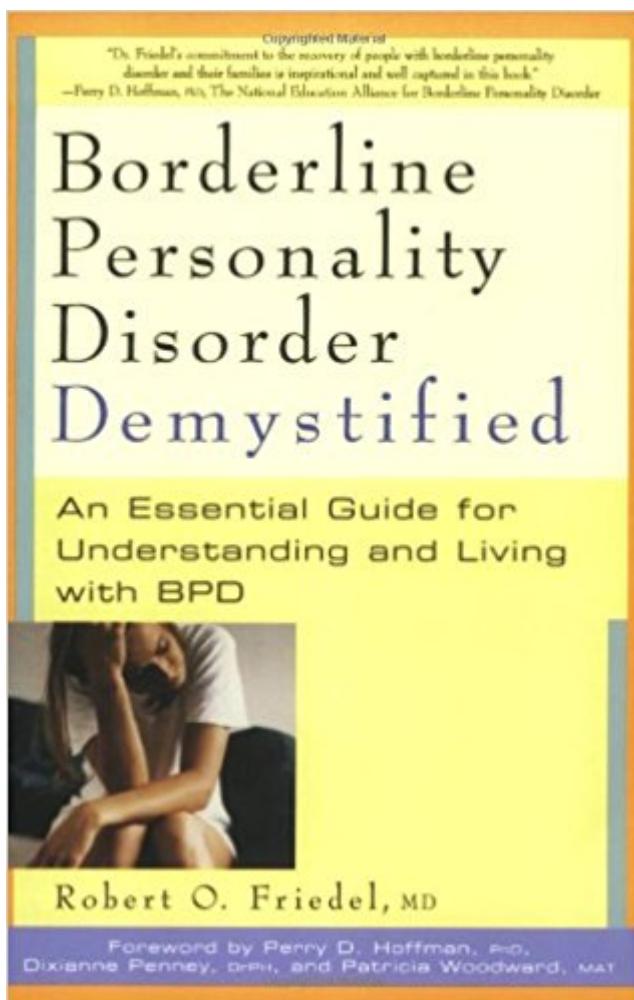


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# Borderline Personality Disorder Demystified: An Essential Guide For Understanding And Living With BPD



## **Synopsis**

Over six million Americans suffer from Borderline Personality Disorder (BPD), a chronic, disabling psychiatric condition that causes extreme instability in their emotional lives, behavior, and self-image, and severely impacts their family and friends. In *Borderline Personality Disorder Demystified*, Dr. Robert Friedel, a leading expert in BPD and a pioneer in its treatment, has turned his vast personal experience into a useful and supportive guide for everyone living with and seeking to understand this condition. Friedel helps readers grasp the etiology of Borderline Personality Disorder, the course it takes, the difficulties in diagnosing it, the types of treatment available, strategies for coping, and much more. *Borderline Personality Disorder Demystified* is an invaluable resource for everyone diagnosed with BPD, those who think they might have the illness, and friends and family who love and support them.

## **Book Information**

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## **Customer Reviews**

According to Friedel, six million Americans suffer from the psychiatric disorder known as borderline personality disorder; and many of these people often go undiagnosed and live in the lonely fear that they simply lack willpower or self-confidence. Friedel, a distinguished clinical professor of psychiatry at Virginia Commonwealth University, steps in to explain this little-known and much-misunderstood disorder, and he offers not only information but hope; many people believe BPD isn't treatable, but Friedel says that there are effective treatments available. BPD, like many other psychiatric disorders, results from chemical imbalances in the brain, Friedel

says. The emotional instability, impulsive behavior and impaired reasoning that often characterize BPD can thus be controlled with therapy and medication, though Friedel also stresses the importance of the patient's taking responsibility for following through on treatment. For readers who suspect that they or someone they love suffers from BPD, this guide is a good place to start learning how to find help. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

ROBERT FRIEDEL, MD, is Distinguished Clinical Professor of Psychiatry at Virginia Commonwealth University and Professor Emeritus at the University of Alabama at Birmingham. He is the founding editor-in-chief of Current Psychiatry Reports and serves on the Scientific Advisory Board of the National Alliance for Borderline Personality Disorder. Friedel lives in Virginia.

You must read this book. I have BPD and the author Robert Freidel has answered my prayers. After just under a year of chaos ( and many years of feeling I don't belong or I'm different from everyone else - I am 50yrs old!) I thought that nothing could help me feel better. But I was wrong and to have someone know what helps me has given me some hope of happiness. Thank you so much Robert for understanding me.  Ali C (single mum)

This book take an often misdiagnosed mental illness and explains why-it mimics bi-polar, depression, manic depressive-all of which combine to contribute to BPD. It explains the manic highs and lows, the risk behavior(s) of BPD, the absolute unpredictability of the person suffering and how his/her behavior affects friends, family and practitioners. The truth is you have to find someone certified to treat BDP-most therapists are on the west coast and New England area,..families need to be certified as well in the proper ways to deal with BPD. I love this book, it is by my bedside because an outbreak can happen at 2:00 am.

A concise, well written, easy to understand MUST HAVE book for anyone who lives with Borderline Personality or loves someone who has borderline personality. Dr. Friedel is one of the best psychiatrists in this field and one of the first psychiatrists to treat borderline personality in persons under the age of 18. I highly recommend this book, over all others out there on the same subject for those who need to understand this complex and often misdiagnosed illness!

This is the best book I have ever read on BPD. The man that wrote this book was actually my doctor

for many years and he is an amazing man. The book is very easy to read for the normal person and explains things in details the way you can understand it best. I would recommend this for people with BPD or even for people without it that have loved ones that do and want to understand it more. I have read many of these books over the years and none even hold a candle to this one!

This is an excellent overall resource for BPD. It covers the history, causes and course of the disorder as well as the most common treatments both pharmacologically and therapeutically. The scope of the book is very broad and includes information for family members, lots of additional resources, co-occurring disorders and how this problem shows up in children. If you have a scientific bent, you will benefit a lot from the chapter on BPD and the brain. There is a lot of detail on the specific neural pathways involved in impulsive behavior, memory impairment, etc. This information is nicely summarized in easy to understand diagrams and there is a simplified bottom line explanation at the end of the chapter. This section is well explained and anyone should be able to understand it, even people intimidated by scientific explanations. The overall tone of the book is compassionate and hopeful. The author had a sister who had this disorder and a lot of his motivation for writing it comes from this space of caring and wanting to share both his experience and knowledge. Being a psychiatrist, he dovetails deep knowledge with understanding and compassion. As you may know, BPD is often misdiagnosed and this book helps differentiate multiple things that may be going on and explains how to get clear on whether or not BPD is really something that is going on. I think this is a very important section and it provides enough detail to be useful, but in general he keeps his explanations of other disorders short and to the point. The discussion of psychotherapies is excellent and collected into an excellent summary of which ones are best and the indication for when to use them. There is a misconception that the prognosis for Borderline Disorder is not very good among many people, this is dispelled in this book and the supporting arguments for this conclusion are good. An added bonus is current research needs and directions. If you have BPD, you will be very interested in knowing where this area is headed and hearing about the cutting edge of today's research. I think the book could have benefited from better organization, design and more careful editing. However, the content is excellent and there is a lot of useful information in a relatively small space. This book is a one-stop resource and a nice compliment to other books that focus on one particular dimension of this issue. The shortcoming in how the information is organized and presented is my only reason for giving it a four rating, the content is excellent and it's a fairly easy read for most people. I have a good background in psychology and also in physiology and biochemistry. At one time, I did drug research and currently I

work in the psychology field. I have read a number of books on this topic and this is one of the best.

BPD Demystified is a very good book for the person or family member that wants to know about Borderline Personality Disorder. It explains in layman's terms what it is like for the person who has BPD. Being a person with BPD I know first hand how hard it can be for a friend or partner to understand and cope with. Volatile is one word that really expresses how we are wired to our emotional response extremes. While you may be happy, we are overjoyed and more, to the far reaching extremes.

This book gave me some really valuable insight and encouragement when I needed it most. The writing is clear and concise, and very comprehensive, as though you are having a personal talk with someone who genuinely understands and wants to help you. Anyone who believes they have this disorder, knows they have it, or knows someone in their life with it should really invest in this book. Immensely helpful read.

By far, the best book about this complicated mental illness: Who recovers. How. What symptoms improve. Which cases are the hardest. Medication plus therapy treatments. The overlap between BPD and other mental illnesses. Cultural factors. Unfortunately BPD is such a difficult disease to treat that most clinicians want nothing to do with it. More people have it than schizophrenia and bipolar combines. A lot of the books are very weak because they shy away from saying how abusive BPDs tend to be, and how ineffectual DBT is. DBT needs to be part of a bigger treatment plan. Most of the books about it tell one small part of the BPD story, and tell it poorly.

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