

[PDF] Borderline Personality Disorder Demystified: An Essential Guide For Understanding And Living With BPD

Perry D. Hoffman, Robert O. Friedel, Dixianne Penney, Patricia Woodward - pdf download free book



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Description:

From Publishers Weekly 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.

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About the Author 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.

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