



A Practical Guide to Understand Borderline Personality Disorder (REGULAR PRINT): How Dialectical Behavior Therapy Can Help Borderline Personality Disorder

Paterson Keith

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Understand Borderline Personality Disorder, What You Can Do To Help A Loved One Cope Up Are you seeking for straightforward answers to help a loved one suffering with Borderline Personality Disorder? This Practical Guide is packed with simple and easy to understand information to help you understand what Borderline Personality Disorder is. This book intends to help a friend or a family member and anyone who suffer the symptoms of BPD step out from it. In this book, you will be able to understand the following:

- o The definition of BDP
- o The symptoms that define BDP
- o Possible Causes of BDP
- o How to adjust with a loved one with BDP
- o What are known BDP Treatments?
- o What is Dialectical Behavior Therapy?
- o What is Cognitive and Behavioral Therapy?

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