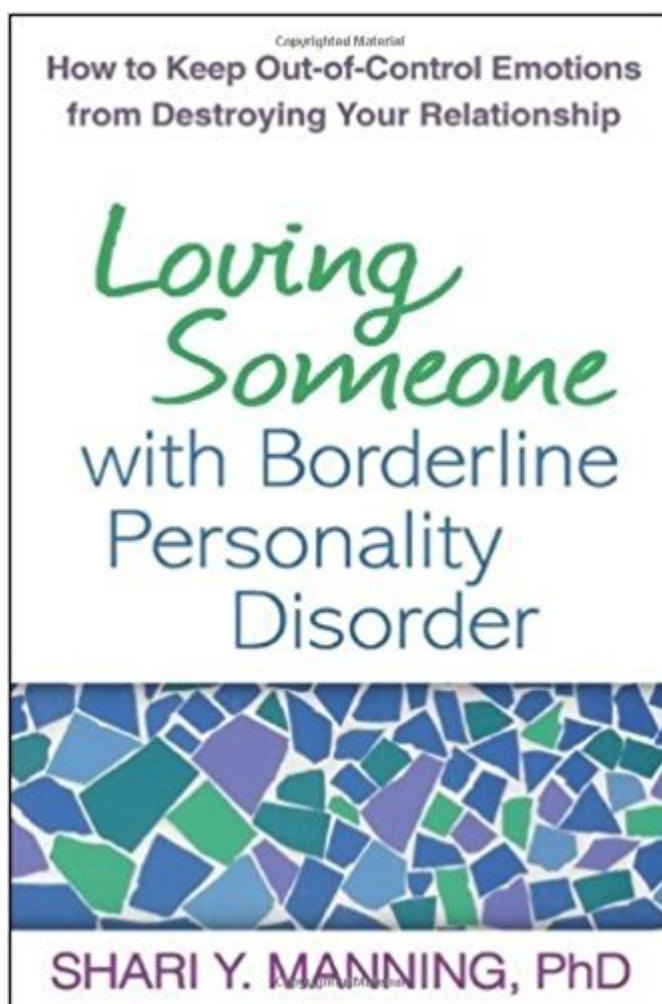


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# Loving Someone With Borderline Personality Disorder: How To Keep Out-of-Control Emotions From Destroying Your Relationship



## **Synopsis**

People with borderline personality disorder (BPD) can be intensely caring, warm, smart, and funny—but their behavior often drives away those closest to them. If you're struggling in a tumultuous relationship with someone with BPD, this is the book for you. Dr. Shari Manning helps you understand why your spouse, family member, or friend has such out-of-control emotions—and how to change the way you can respond. Learn to use simple yet powerful strategies that can defuse crises, establish better boundaries, and radically transform your relationship. Empathic, hopeful, and science based, this is the first book for family and friends grounded in dialectical behavior therapy (DBT), the most effective treatment for BPD. Â

## **Book Information**

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## **Customer Reviews**

"More than many other disorders, BPD affects relationships. This book offers families and friends invaluable skills for helping both their loved one and themselves. Dr. Manning has done a beautiful job. A 'must read.'"--Perry D. Hoffman, PhD, President, National Education Alliance for Borderline Personality Disorder"Try out the recommendations this book gives you. You will be surprised by how much better your relationships become."--from the Foreword by Marsha M. Linehan, PhD, Director, Behavioral Research and Training Clinics, University of Washington"The title says it all! Dr. Manning explains what she has learned about the true nature of BPD from the experts themselves--those who have the disorder. She shows family and friends how our instinctive responses to the crises associated with BPD are frequently ineffective or even harmful, and

illuminates what we can do differently, providing practical, incisive, step-by-step guidance. We highly recommend this book."--Jim and Diane Hall, parents of an adult child with BPD and Family Educators for the National Alliance on Mental Illness and the National Education Alliance for Borderline Personality Disorder"An extremely useful and highly readable guide....Manning paints vivid portraits of how an encounter with someone with this affliction might go....It has offered me, as a therapist, plenty of ideas....[An] aid to understanding and humanizing a complex condition." (Human Givens 2011-07-01)"This hopeful yet realistic book is an indispensable tool for managing relationships with persons who have borderline personality disorder. Research based, clearly written, and practical, this guide to a complex disorder is highly recommended." (Library Journal 2011-07-01)â œManning's own background equips her well to provide this self-help resource. Manning trained in DBT under Marsha Linehan and has accumulated a wealth of experience working clinically with people with BPD. She makes frequent reference to DBT throughout the book, but her major achievement is to translate DBT principles and methods into practical steps and advice that are accessible to a lay personâ |.The techniques of mindfulness, awareness of emotional triggers, validation and others can be usefully integrated into many areas of clinical practice, especially for clinicians advising supporters of people with BPDâ |.A clearly written and accessible guide that deserves to be widely read, and which should be available to lay members of the public and to health professionals.â • (Metapsychology Online Reviews 2013-10-22)

Shari Y. Manning, PhD, is a clinician in private practice and the former President/CEO of Behavioral Tech and Behavioral Tech Research, the organizations founded by Marsha M. Linehan to provide training in DBT. Dr. Manning has focused on the treatment of people with BPD since 1993. She lives in Columbia, South Carolina.

This is a great book. I learned a lot about how to interact with those with high emotional sensitivity. I learned a lot about the destructive patterns in my own childhood. Other reviews claim that this book is only good for working with persons who have severe BPD, but that simply isn't true. The concepts are well-founded and universally applicable.

Ok, so I have only read 1/3 of this book so far, and I will come back and write another review after finishing, but if you love someone who has BPD then you definitely need to read this. My husband has been incorrectly diagnosed with bi-polar disorder, adhd, severe depression, etc. However the 20+ pills he takes everyday have never seemed to help or they just comatose him. We have been

together ten exhausting years, with many moments of extreme behavior and many moments of the wonderful person he can be. I have often thought that not only was he crazy, but also mean, manipulative, and a free loader b/c he has never been able to hold down a stable job. I've often accused him of wanting to be with me so I could take care of him financially. After reading the short amount of this book that I have, so many things make perfect sense. It has been very eye opening and is a must read for anyone who has a loved one with borderline personality disorder. At the very least it will help you to realize your loved one does love you but has not developed the necessary skills to be a functioning member of society (to various degrees). It will also allow you to change your reaction to their actions, which can help them change. This book is already such a blessing to me, and I am so thankful that Dr. Manning has taken the time to educate those of us who just happen to love someone with this disorder.

This book is informative and helpful in understand the mind of a person with BPD. It helps you to realize you are not alone and just how much love and patience is required.

Awesome book, worth every penny. I read so many other books and articles on the subject before coming across this one. I benifited more from this book than from all of them combined.

This book speaks the truth. If you are suffering in a relationship with someone that has a personality disorder then this is a must read

This is an excellent book. I wish I could have read it 32 years ago. It would have made life so much easier in many many ways. I bought the Kindle edition and plan to buy the regular book so I can highlight in it.

If you have a family member or loved one who exhibits symptoms of BDL, this book will help you understand and deal with the difficult path the person has to follow and the effects that it will have on you. It is not a stand alone alternative for a class or therapy, but a supplement which provides invaluable information that one can refer back to at necessary times.

Good book that helps explain BPD and some helpful tips as to how to stay sane while dealing with a partner that is BPD. The only thing I don't care for in this book (which I find with a lot of other books) is the example after example of how their patient behaved this way or that. For me, I would prefer

not having so many examples. I am a straight to the point and just the facts kind of person. With that said it does provide some good info so would recommend.

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