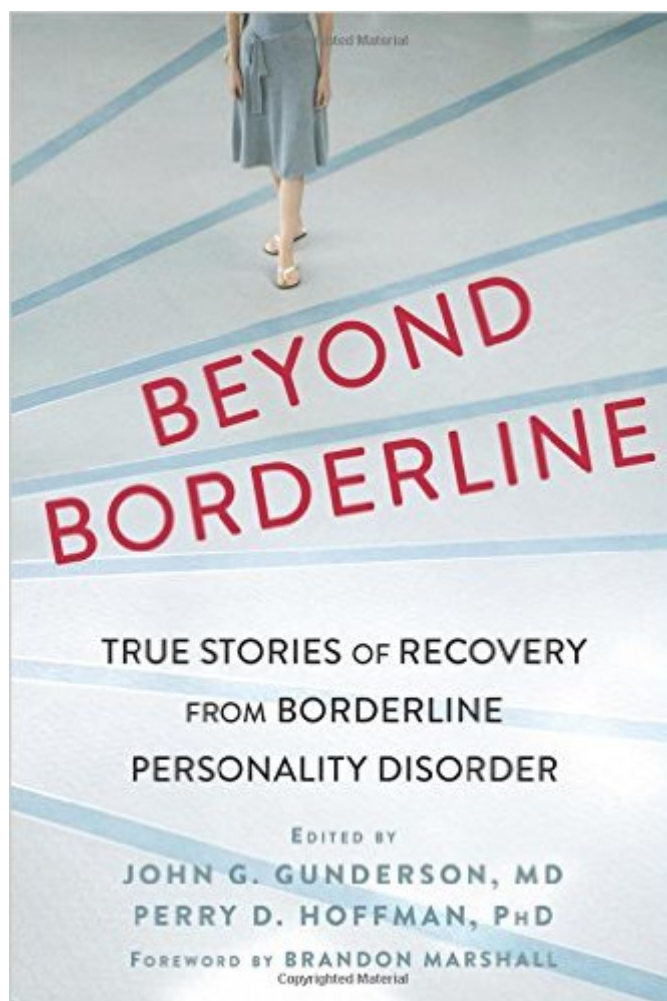


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# Beyond Borderline: True Stories Of Recovery From Borderline Personality Disorder



## Synopsis

These survivors hit their mark in helping to change the conversation about borderline personality disorder (BPD)." "Jim Payne, former president of the National Alliance on Mental Illness This provocative book uncovers the truth about a misunderstood and stigmatized disorder, and offers an opportunity for a deeper, more empathetic understanding of BPD from the real experts—the individuals living with it. BPD affects a significant percentage of the population. It is a disorder of relationships, one whose symptoms occur most in interpersonal contexts—and thus impact any number of interpersonal connections in life. When people have BPD, they may struggle to manage their emotions on a daily basis, and have to deal with fears of abandonment, anger issues, self-injury, and even suicidality—all of which can lead to even more instability in relationships. In *Beyond Borderline*, two internationally acclaimed experts on BPD—including Perry Hoffman, cofounder and president of the National Education Alliance for Borderline Personality Disorder (NEA-BPD)—team up to present a rare glimpse into the lives and recovery of people affected by BPD. This powerful compilation of stories reveals the deeply personal, firsthand perspectives of people who suffer with BPD, explores the numerous ways in which this disorder has affected their lives, and outlines the most debilitating and misunderstood symptoms of BPD (the most tragic being suicide). *Beyond Borderline* delves into the many ways the disorder can present—as well as the many paths to recovery—using evidence-based tools from dialectical behavior therapy (DBT), mindfulness meditation, mentalization-based therapy (MBT), and more. BPD is a challenging disorder that impacts people's lives and relationships in countless ways. With this book—full of intimate accounts that reflect the myriad ways BPD presents and how it affects not just those afflicted, but also their loved ones—you'll gain a deeper understanding of the disorder and learn how to move forward on the path toward healing while dealing with BPD.

## Book Information

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## Customer Reviews

Beyond Borderline: BPD's Great Concept Album!! enjoyed reading Beyond Borderline, 24 stories of people in recovery from borderline personality disorder (BPD). Earlier I loved reading the autobiography, Buddha and the Borderline, because Kiera Van Gelder writes well with wit, feeling and voice. These writers follow that lead as Beyond Borderline reads intensely and each story is only a few pages long. It was like Buddha and the Borderline on steroids and healthier than steroids! A sad fact is that the writers did not want their names on the stories. That reinforces that stigma is still with us! I watched Van Gelder talk on video with a slide that showed names of some others in recovery. She hoped to have 200 names, but only 15 agreed to have their names there. The Afterword of this book emphasizes that these people were in various processes toward recovery. Recovery is a continuous journey. It is not like a happy ending to a movie and all is fixed! As the writer in the chapter "Walking" said: "The happy ending is that I'm alive and there's hope in that." One doesn't usually go back to that life you thought you were going to have. That's what I didn't get for my loved one's first years of this. I thought she's going to get fixed and right back on path! The path is different than expected and recovery is different for everybody. I compare these stories with songs I grew up with on favorite albums. What's the best one on the Beatles "Sergeant Peppers," the Stones "Exile on Main Street," Joni Mitchell's "Hejira," or Dylan's "Blonde on Blonde"? If you chose "With a Little Help from My Friends" from the Beatles Sergeant Peppers album, you might choose Beyond Borderline as your helpful friend off your bookshelf.

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