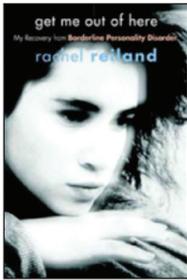


What else can I read?

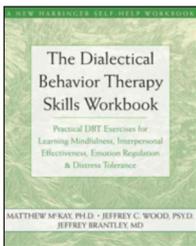
Below is a list of some publications about Borderline Personality Disorder as well as descriptions by the publishers. While the list below might be useful, it is not exhaustive. Project Air Strategy does not officially endorse these books or any of the recommendations within these publications, nor is it responsible for any effects or outcomes these books might have on readers.



Get Me Out of Here: My Recovery from Borderline Personality Disorder

by Rachel Reiland

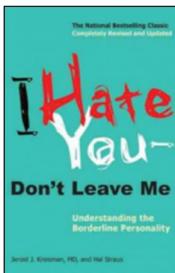
Borderline Personality Disorder. “What the hell was that?” raged Rachel Reiland when she read the diagnosis written in her medical chart. As the 29 year old accountant, wife, and mother of young children would soon discover, it was the diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes – including bouts of anorexia, substance abuse, and sexual promiscuity. With astonishing honesty, Reiland’s memoir reveals what mental illness feels like and looks like from the inside, and how healing from such a devastating disease is possible through intensive therapy and the support of loved ones.



The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & Distress Tolerance

By Matthew McKay, Jeffrey Brantley, and Thomas Marra

First developed for treating borderline personality disorder, dialectical behaviour therapy (DBT) has proven effective as treatment for a range of other mental health problems, especially for those characterized by out-of-control emotions. Tens of thousands of individuals around the world are receiving DBT or participating in DBT-based support groups, yet to date there are few resources available that are accessible enough for interested individuals to teach themselves the core DBT skills. This book, a collaborative effort from four of New Harbinger’s most esteemed authors, fills a conspicuous gap in the DBT literature. It offers general readers and professionals alike straightforward, step-by-step exercises for learning and putting into practice the four core DBT skills: mindfulness, interpersonal effectiveness, emotion regulation and distress tolerance. Whether used to support work done in therapy or as the basis for self-help, this workbook will bring DBT to readers with unrivaled clarity and effectiveness.

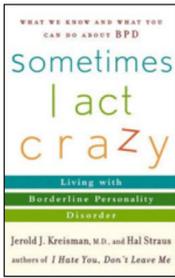


I Hate You – Don’t Leave Me: Understanding the Borderline Personality

By Jerold Jay Kreisman and Hal Straus

A revised and updated edition of the bestselling guide to understanding borderline personality disorder. After more than two decades as the essential guide to Borderline Personality Disorder (BPD), this new edition now reflects the most up- to-date research that has opened doors to the neurobiological, genetic, and developmental roots of the disorder as well as connections between BPD and substance abuse, sexual abuse, Post-Traumatic Stress Syndrome, ADHD, and eating disorders. Both pharmacological and psychotherapeutic advancements point to real hope for success in the treatment and understanding of BPD. This expanded and revised edition remains as accessible and useful as its predecessor and will reestablish this book as the go-to source for those diagnosed with BPD, their family, friends, and colleagues, as well as professionals and students in the field.

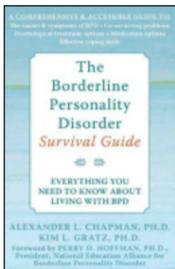
The Project Air Strategy acknowledges the major support of NSW Health. The Project works with mental health clinicians, consumers and carers to deliver effective treatments, implements research strategies supporting scientific discoveries, and offers high quality training and education. Contact us at info-projectair@uow.edu.au or visit www.projectairstrategy.org



Sometimes I Act Crazy: Living with Borderline Personality Disorder

By Jerold J. Kreisman and Hal Straus

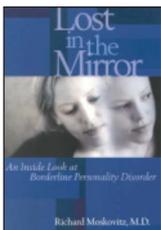
A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them. Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair pulling? Do you feel empty inside, or as if you don't know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there's a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of *I Hate You, Don't Leave Me*, offers proven techniques that help you: Manage mood swings Develop lasting relationships Improve your self-esteem Keep negative thoughts at bay Control destructive impulses Understand your treatment options Find professional help



The Borderline Personality Disorder Survival Guide: Everything You Need to Know About Living with BPD

By Alex Chapman and Kim Gratz

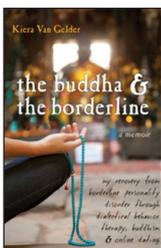
One of the more serious and hard-to-treat mental problems, borderline personality disorder (BPD) is also one of the most dangerous. Seventy-five percent of people with BPD will attempt suicide at some point, and ten percent ultimately take their own lives. Living with the symptoms of BPD is obviously a terrible burden for anyone, but receiving a BPD diagnosis and negotiating the necessary treatment can itself be a bewildering and painful process. This compassionate book offers people with BPD a detailed guide to the disorder and a point-by-point plan to the treatment and condition-management process. The book is organized as a series of answers to questions common to BPD sufferers: What is BPD? How long does it last? What other problems co-occur with BPD? Overviews of what we currently know about BPD make up the first section of the book. Later chapters cover several common treatment approaches to BPD: dialectical behaviour therapy (DBT), mentalization-based therapy (MBT), and medical treatment using psychoactive drugs. In the last sections of the book, readers learn a range of day-to-day coping skills that can help moderate the symptoms of BPD.



Lost in the Mirror: An Inside Look at Borderline Personality Disorder

By Richard A. Moskowitz

Borderline personality disorder accounts for almost 25 percent of psychiatric hospitalizations in this country. *Lost in the Mirror* takes readers behind the erratic behavior of this puzzling disorder, examining its underlying causes and revealing the unimaginable pain and fear beneath its surface.



The Buddha and the Borderline: A Memoir

By: Kiera Van Gelder

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships—all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. *The Buddha and the Borderline* is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.