



Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship

By Shari Y. Manning PhD

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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.

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- Sales Rank: #9942 in Books
- Published on: 2011-06-29
- Original language: English
- Number of items: 1
- Dimensions: 8.98" h x .71" w x 6.32" l, .75 pounds
- Binding: Paperback
- 253 pages

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Editorial Review

Review

"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)

"Manning'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 person....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 BPD....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."

(Metapsychology Online Reviews 2013-10-22)

About the Author

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.

Users Review

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Donald Hamann:

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Victoria Schwan:

Is it a person who having spare time subsequently spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something new? This Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship can be the response, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this brand-new era is common not a nerd activity. So what these guides have than the others?

Brenda Taylor:

That book can make you to feel relax. This specific book Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship was colourful and of course has pictures on there. As we know that book Loving Someone with Borderline Personality Disorder: How to Keep Out-of-Control Emotions from Destroying Your Relationship has many kinds or category. Start from kids until young adults. For example Naruto or Investigation company Conan you can read and feel that you are the character on there. So , not at all of book usually are make you bored, any it offers up you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading this.

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