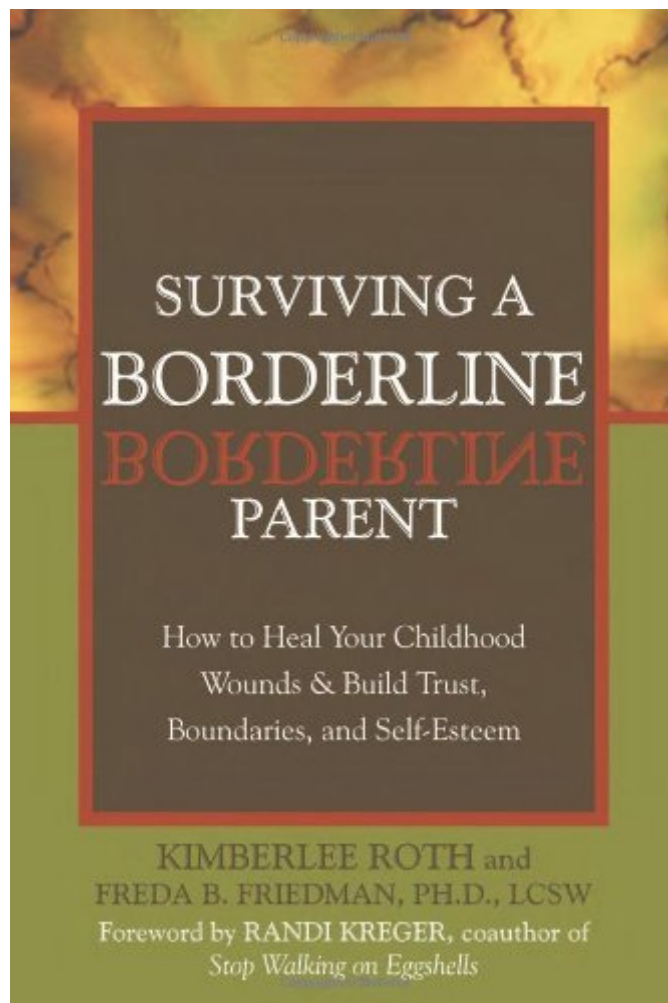


The book was found

Surviving A Borderline Parent: How To Heal Your Childhood Wounds And Build Trust, Boundaries, And Self-Esteem



Synopsis

Surviving a Borderline Parent is the first step-by-step guide for adult children of parents with borderline personality disorder. Between 6 and 10 million people in the US suffer from borderline personality disorder. This book teaches adult children how to overcome the devastating effects of growing up with a parent who suffers from BPD. Although relatively common, borderline personality disorder (BPD) is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it. Symptoms of this problem include unpredictability, violence and uncontrollable anger, deep depression and self-abuse. Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. In an ironic and painful role reversal, BPD parents can actually raise children to be their caretakers. They may burden even very young children with adult responsibilities. If you were raised by a BPD parent, your childhood was a volatile and painful time. This book, the first written specifically for children of borderline parents, offers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder. Discover specific coping strategies for dealing with issues common to children of borderline parents: low self-esteem, lack of trust, guilt, and hypersensitivity. Make the major decision whether to confront your parent about his or her condition.

Book Information

File Size: 1734 KB

Print Length: 185 pages

Publisher: New Harbinger Publications; 1 edition (January 1, 2004)

Publication Date: October 31, 2003

Sold by:Â Digital Services LLC

Language: English

ASIN: B003ODHT2M

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #46,976 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #14 inÂ Kindle Store > Kindle eBooks > Nonfiction > Parenting & Relationships > Family Relationships > Parent & Adult Child #33 inÂ Books > Parenting & Relationships > Family Relationships > Parent & Adult

Customer Reviews

As the grown child of a woman with BPD, I am forever grateful to the authors of this book for shining a spotlight on this mystifying, tragic, devastating disorder.... Like many of the case studies cited in this book, my own mother behaved quite normally (and acted quite lovingly) toward me from my birth until about the age of four.... Then -- only intermittently at first -- her paranoia and rages began. She started telling me that I hated her(???)!.... She told me that she could "see it in my face"..... And that and that she wished she could "throw me back" (like a dud fish that's been caught, I guess.).... Or that she could "lock me in a cage," (like the despicable creature I was to her, I suppose.) She began looking for signs that I was "betraying" her, or "sneering" at her behind her back.... She would study my facial expressions and vocal inflections INTENSELY, looking for any excuse to explode.... And (God help me!!) if I slipped up and allowed myself the luxury of a NEUTRAL facial expression (instead of a continuous smile), or did not answer her with a properly "enthusiastic" voice, there would be HELL to pay. By the time I reached the age of six, my life had BECOME a living hell.... With no way out.... (My dad, by the way, was an extremely passive man (...he had been severely abused himself, as a child, by a domineering mother...), and he offered NO resistance to my mother when she would target me for abuse.

[Download to continue reading...](#)

Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem
Self Esteem: Mastering Your Life!- Building High Self Esteem, Confidence and Defeating Doubt (Self Esteem, confidence, doubt)
Self-Discipline: Achieve Unbreakable
Self-Discipline: How To Build Confidence, Willpower, Motivation, Self-Belief And Master Your Life!
Self control, ... Self-Confidence, Self-esteem, Organizing)
Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem
The Six Pillars of Self-Esteem: The Definitive Work on Self-Esteem by the Leading Pioneer in the Field
Las 5 heridas que impiden SER uno mismo / Heal Your Wounds and Find Your True Self: Rechazo, abandono, humillacion, traicion, injusticia / Rejection, ... Betrayal, Injustice (Spanish Edition)
How to Suture Wounds
Suturing Course: The Apprentice Doctor
How to Suture Wounds Course
Build Your Own Living Revocable Trust: A Guide to Creating a Living Revocable Trust
Healing Your Emotional Self: A Powerful Program to Help You Raise Your Self-Esteem, Quiet Your Inner Critic, and Overcome Your Shame
The Anger Workbook for Women: How to Keep Your Anger from

Undermining Your Self-Esteem, Your Emotional Balance, and Your Relationships (New Harbinger Self-Help Workbook) Self-Love: The 21-Day Self-Love Challenge - Learn how to love yourself unconditionally, cultivate self-worth, self-compassion and self-confidence (self ... happiness) (21-Day Challenges Book 6) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating Beyond Borderline: True Stories of Recovery from Borderline Personality Disorder A Father's Guide to Raising Daughters: How to Boost Her Self-Esteem, Self-Image and Self-Respect Boundaries: Line Between Right And Wrong (Mental Illness, Codependency, Narcissism, Personality Disorders, Psychopath, Borderline, Mood Disorders) The Self-Esteem Workbook for Teens: Activities to Help You Build Confidence and Achieve Your Goals THE FOURTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: To Heal Emotional Wounds, Feelings of Being Unloveable, Issues of Grief & Loss Beyond Self-Esteem: Discovering Your Boundless Self-Worth Confidence: Gorilla Confidence - Simple Habits To Unleash Your Natural Inner Confidence (Self Esteem, Charisma, Personal Magnetism & Self Confidence)

[Dmca](#)