

BORDERLINE PERSONALITY DISORDER

The Borderline Personality Disorder Survival Guide (2007) by Alex Chapman & Kim Gratz

Borderline Personality Disorder in Adolescents: A Complete Guide to Understanding and Coping When Your Adolescent Has BPD (2007) by Blaise Aguirre, M.D.

Stop Walking On Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder. by Randi Kreger & Paul Mason

The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder. by Randi Kreger

The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating by Kiera Van Gelder –this is a very candid account of woman with BPD and her experience of going through DBT treatment and getting help.

Eclipses. by Melissa Ford Thornton. Another memoir.

Imbroglia. by Janice Cauwels

I Hate You, Don't Leave Me. by Krieman and Straus.

The Adolescent Self: Strategies for self-management, self-soothing, and self-esteem in adolescents. by David Wexler, 1991. In W.W. Norton & Company.

The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells by Randi Kreger

DIALECTICAL BEHAVIOR THERAPY AND RELATED APPROACHES

New Hope for People with Borderline Personality Disorder (2002) by Neil Bockian, Nora Elizabeth Villagran, & Valerie Porr

Dialectical Behavior Therapy with Suicidal Adolescents (2006) by Alec Miller, Jill Rathus, Marsha Linehan, & Charles Swenson #

The Happiness Trap: How to Stop Struggling and Start Living (2008) by Russ Harris & Steven Hayes

Get Out of Your Mind and Into Your Life (2005) by Steven Hayes. New Harbinger Publications.

Parenting a Child Who Has Intense Emotions: Dialectical Behavior Therapy Skills to Help Your Child Regulate Emotional Outbursts and Aggressive Behaviors (2009) by Pat Harvey LCSW-C & Jeanine Penzo LICSW

Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation, & Distress Tolerance (New Harbinger Self-Help Workbook) [Paperback]—Matthew McKay, Jeffrey C. Wood and Jeffrey Brantley

WEBSITES DEDICATED TO BPD

www.bpdcentral.com by Randi Kreger

www.BPDDemystified.com

www.NEABPD.com By a BPD organization

<http://www.borderlinepersonality.ca>

www.bpdresourcecenter.org

www.BPDFamily.com For family members

<http://www.borderlinepersonalitysupport.com>

<http://psychcentral.com/quizzes/borderline.htm>

www.mytriptoozandback.com By a former partner

www.BehavioralTech.com

<http://tinyurl.com/2br2yh4> An article in Time Magazine