



BPD RECOVERY!: Borderline Personality Disorder Recovery

Dr. Paul Dawson

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Dr. Paul Dawson's BPD RECOVERY! Borderline Personality Disorder Recovery. Why read about BPDs and the effects of BPD on non-borderlines? BPD behavior can escalate into very dangerous, violent and chaotic storms. If you live with or know someone struggling with a Borderline Personality Disorder this book is a must for you! Here are easy-to-read practical, proven strategies to finally free yourself from being trapped, controlled, or manipulated by a BPD-suffering person. Reading this book will enable you to: 1) Break destructive cycles if you suffer from BPD; 2) Help friends or families set boundaries; 3) Improve coping & communication skills to stabilize your relationship to the BPD sufferer; 4) Sharpen your skills to stand up for yourself & assert your needs vs. BPD people; 5) Reduce conflicts & protect yourself from violence; 6) Gain insight into BPD-created chaos. BPD relationships are complicated but Dr. Paul Dawson breaks down the co-occurring disorders such as substance abuse, eating disorders, Narcissistic Personality disorder, and Bipolar disorder. Dr. Dawson earned a Ph.D. in psychology from The New School for Social Research, Graduate Faculty, New York City. Dr. Dawson has consulted for the CIA on interrogation techniques, eyewitness testimony, etc. Dr. Dawson has been chief psychologist of a state prison system, clinical psychologist in mental hospitals, clinics and in private practice. Dr. Dawson has written over 30 books including: ANGELINA JOLIE PSYCHOANALYZED; BORDERLINE PERSONALITY DISORDER; BPD RECOVERY; CAMILLE LAURENT & ADVENTURES IN GUATEMALA; CAMILLE LAURENT & HADES; CAMILLE LAURENT & LUISON; CAMILLE LAURENT & XIBALBA; CAMPUS KILLER'S SECRET OBSESSION; FACES OF TED BUNDY; GRACE KELLY IN PSYCHOTHERAPY; GRACE KELLY SESSIONS; HOW TO GET SOBER; JACKIE IN THERAPY; JACKIE O SESSIONS; JACKIE ONASSIS IN THERAPY; JACKIE ONASSIS PSYCHOANALYZED; JODI ARIAS; JOHNNY DEPP DIAGNOSED; MANSON INTERVIEWS RAW; MARILYN MONROE DIAGNOSED; MASKS OF A LADY KILLER; MASKS of PREDATORS; MASKS of SEX PREDATORS; MY PRINCESS DIANA THERAPY SESSIONS; MY TED BUNDY INTERVIEWS RAW!; NARCOTERRORIST PSYCHOPATHS; PRINCESS DIANA DIAGNOSED; PSYCHOLOGY of MEN WHO ABUSE WOMEN; PSYCHOPATHS; ROCK STARS DIAGNOSED; SEX CRIMES; SEX, LOVE & SMART DATING; SPIES & ASSASSINS; SPIRITUAL THERAPY; TERRORIST IMPERATIVE; THE MASKS OF KARLA HOMOLKA.

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