

BORDERLINE PERSONALITY DISORDER (BPD)

- 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.mytriptoosandback.com By a former partner
- www.BehavioralTech.com
- <http://tinyurl.com/2br2yh4> An article in Time Magazine