

*From the authors of
the best-selling guide*

THE Stop Walking on Eggshells WORKBOOK

"Randi Kregar continues on her dual mission to educate and provide emotional relief to those who care about someone who has Borderline Personality Disorder. This practical, clear, and well-informed workbook does both."

— JAMES G. GURMAN, M.D.,
Professor of Psychiatry at
Harvard Medical School, and
author of *Borderline Personality
Disorder: A Clinical Guide*

PRACTICAL STRATEGIES

FOR LIVING WITH

SOMEONE WHO HAS

BORDERLINE

PERSONALITY DISORDER

RANDI KREGAR WITH JAMES PAUL SHIRLEY, L.M.S.W.

Randi Kreger

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



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Essential when you have someone with BPD.) Get this book in the event that you hate people with BPD This is the most harmful self help book for folks in a relationship with someone who has BPD. I'd recommend this publication to anyone who understands someone with BPD or BPD like characteristics. This is simply not only a good book for living with somebody with borderline disorder, but many of its communication techniques also apply to living with people who are abusive for other factors, like addictions. Helps me to protect my sanity! Give it a try, with help from a professional. When you cannot leave from a person with BPD (a close family member), you need all the support you can get. However, please make use of has been your/their psychiatrist or psychologist, otherwise it will be hard to check out, hard to complete, make goals, etc. Book was a Huge Help This book is phenomenal. It was recommended by my foster daughter's therapist. My foster girl is 11 but shows symptoms of BPD. This book gives me great assistance on how to deal with her behaviors and actually provides helped me to de escalate her. It helps with grounding in reality which you might need if you're coping with someone whose reality is threatened by your perceptions. Great Help VERY HELPFUL in understanding this disease. must go through if anyone you like or interact with have borderline personality diagnosis An absolute must have for therapists and their clients. must go through if anyone you love or connect to have borderline personality analysis, or if they're addicted to substances. It sort of manuals you through and how best to handle situations without causing a stir to the person. Desire I had known about it years ago. Essential read if you live with somebody with BPD. Explains how to set great boundaries and look after yourself including setting limits. She also tells you that she produced the website for the support group so when you go to it, it feels as guided as the views she supplied in her book. Clear methods and examples. An excellent book. Step-by-step workbook for dealing with someone you love who has borderline character disorder. This book is only going to help you if:. This workbook helps me to preserve my sanity! This will help anyone who has BPD or lives with someone with BPD. This reserve is a "first aid kit" I use on daily basis by reminding myself the wisdom in this book. Control and Pleasure in Chaos If you have someone in your daily life with BPD and/or narcissism, that is helpful to make one feel you have more control you will ever have in the chaos. My ex Bought this to understand how to approach my ex-wife at the time. Did not finish reading it.This is not only a good book for coping with someone with borderline disorder As a specialist counselor, this is a workbook I often turned to when helping someone set boundaries in a toxic relationship. Many of the 5 stars reviews are made by people who have the same outlook on BPD as this author: NEGATIVE! It requires time and function to complete the book, nonetheless it is well worthy of the effort.! I still think it's excellent. I came across this book before I ever experienced counseling, and it helped me. Actually if there is absolutely no formal diagnosis, you can find wonderful insights and ways of dealing with the behaviors which can be so destructive. You intend to keep your BPD partner, appreciate egotistical views of an writer who plugged hers and others' books 39 occasions in the first 10 pages, or you are looking to continue fighting with your BPD. Look at the reviews. This book is vital if you are dealing with a person in your life with Borderline Personality Disorder. (I've now read the book once or twice as a refresher. It inspired my family to avoid enabling and let this person figure it out for herself. Wish I possibly could buy it for all my customers. The author encourages people to diagnose their companions by how her details is presented. It should be front and center that the only person to diagnose a person with BPD is a mental health professional. While it does say this, it is after she encourages you to rate your partners behaviors and lables them as "your BP.". Was bran new. Ideal bran new condition. Thanks!! Wonderful book Wonderful book. The writer first mentioned in the intro that her partner

got all of the scientific data for this book for her, after that in chapter one says she made this book without scientific data, but by the views of 2,000 non-BP's from a support group online. We relocated away. She, however, thought we would latch to extended family as her new victims. Basically, she is choosing not to get better. We like her but will not be party to that.



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