

A photograph of a person's hands holding a string of teal prayer beads. The person is wearing dark clothing. The background is a blurred city street at night, with warm lights from buildings and street lamps creating a bokeh effect. The overall mood is contemplative and serene.

Kiera Van Gelder

# the buddha & the borderline

*a memoir*

*my recovery from  
borderline personality  
disorder through  
dialectical behavior  
therapy, buddhism  
& online dating*

Kiera Van Gelder

## The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating



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Kiera's story sheds light on the personal struggle to transform struggling into compassion for herself among others, and is vital reading for all seeking to understand what it truly means to recover and reclaim the desire to live. *The Buddha and the Borderline* is definitely a home window into this mystical and debilitating condition, an unblinking portrayal of 1 woman's fight the psychological devastation of borderline character disorder. This haunting, intimate memoir chronicles both devastating period that resulted in Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone incorrect. Kiera Van Gelder's first suicide attempt at age twelve marked the starting point of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually resulted in doctors' belated diagnosis of borderline character disorder twenty years later.



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Felt understood, wanted more As you with BPD who has spent the last 8 a few months in therapy and has completed a 3 month DBT course I can say I actively practice dialectics with this book. I love and hate it. If there is a spectral range of this analysis id be on the contrary end of Kiera as my period of self harm was short and isolated to adolescence, and I've under no circumstances been hospitalized nor tried to take my own life. Hardly ever feel alone men, Kiera has actually been thru everything like the rest of us. When I'm in therapy on a day where everything is normally peachy I have a hard time recalling my most recent (sometimes times or hours before) show with any other thing more than apathy because that airline flight of emotion is gone and I no longer feel in the depths of an emotion brain out. The part that was missing most for me in this book, (though it would be impossible to do in hindsight) was the minutia of the dissociation. Anyone who would like to learn more about BPD should start here. Other situations I experienced myself angry and envious of Kiera who constantly seemed to have her expenses paid, a place to live, and whether healthy or not, a constant boyfriend putting up with all of her issues. Sometimes I felt her experiences were glossed over. She actually is so honest and I am SUPER GRATEFUL she shared this experience Much more interesting than I thought it will be. This book was suggested to me by my therapist and I'm glad I read it. Kiera definitely has made me feel understood and provided me a camaraderie I hadn't found prior to this read. A very compelling read A compelling go through for anyone struggling with borderline character disorder and I'd, with much confidence, stretch out this recommendation to anyone struggling. Its the most honest personal account- of anything- that i have ever read. I began reading it before starting DBT therapy, and like the other reviewers, it really is comforting in a few respects to read someone else's journey. We was also surprised to discover that before she became a therapist Marsha Linehan also was in mental hospitals, was suicidal and folks gave up on her behalf aswell. I saw some of her posts on social media. I was impressed with the compassion she demonstrated to others, heartfelt kindness in light of the actual fact her own home burned to the bottom. You aren't alone. But what she didn't reduce was her dignity and immense heart. I wanted to know more about her and in doing this found a gofundme page that told her tale and linked me with this reserve. As I sit here, after having shut the last page, I'm taken with the feelings this near stranger provides elicited in me but even more significantly the loss for adequate words to express how her outpouring, every bleeding exposure, still left me feeling I simply don't have adequate words. The best expression I could give is to recommend this book. To all or any who want to come on with themselves, to all who dare to face their insides, also to all who dare to walk through the fires to learn what it is definitely to own your own personality, core. This is from the person that doesn't prefer to read! It offers great insight into what it appears like to live with this analysis, how healing looks a variety of ways, and what sort of belief program I knew hardly any about could end up being an anchor for Keira. As part of your, i sensed like i wasnt only or weird or that i was different. Linehan's reserve "Cognitive-Behavioral Treatment of Borderline Personality Disorder", after Kiera referred to it so much. The words are filled with raw psychological honesty from the initial page to the last in fact it is in this integrity, this original authenticity that it most resonated with this reader. It can be triggering. One of the very best! It isn't mine, but I'm squeamish, and her cutting problems definitely caused me irritation. I think what I like best about this book is the truth that I watch myself as "not really in as bad of shape" because the author. It will be made me feel less panicked about my very own issues "Hey, I'm not THAT bad!" I did relate to her problems with her mother. The episode when they went into therapy collectively was enlightening if you ask me. I think my mom and I are two different people who "cope" very differently and don't understand why the other 1 won't "cope" just how we do. Overall, I would recommend it to anyone, but especially to women with a BPD analysis and/or 're going through DBT. She lost everything: her clothes, her valuable artwork, her pages of composing incomplete books, and her furniture. There hasnt been whatever i have ever read, experienced or talked about that portrays BPD quite mainly because realistically as this book. However this book became so relatable at times

I had to walk away and practice my DBT skills to not be triggered. Her journey is amazing and enlightening actually tho she doesnt downplay an individual element of her struggle. Doubtful there isn't a individual alive that couldn't relate to the words that pour from the webpages of this incredible go through, The Buddha and the Borderline. And this publication. Kiera gave me that, and its a rare what to have- surprisingly in such a connected globe. If cutting is your issue, you may find this book actually triggering. In a class by itself, I am rereading it for the third time. I have been fighting this illness for several years, and after therapy, it is books like this which are helping me heal. Kiera is normally dealing with BPD herself and doesn't talk right down to me, a lot of her story is my own. To know I am not a lone freak, that another person understands, makes me wish to keep going. Well-told story. I acquired Dr. My therapist recommended this book to me following diagnosing me as having BPD, and recommending DBT if you ask me. I was surprised to find that regardless of the title, you can easily understand and immensely useful. I was drawn to this author because of the recent Thomas Fire in California. She understands what it's like, she didn't just get it out of a publication. Deep and insightful, ideal for students I browse this for a book report about mental health evaluation, and it was incredible. Thank you, thank you both ?? Loved this book Excellent read. From scanning this I learned more about Marsha Linehan, an influential therapist respected the world over for her approach to healing those still suffering from trauma, who others quit on. Really good easy read. Really good read. Got BPD?. Phenomenal book Among the best psychology-related books We read, and I go through Lots of books. I would definitely recommend this reserve.. It makes me wish a journal of minute to minute emotions to accurately portray how varied and confusing they're. It's one thing to say I laid in bed and cried all night, it's another to state that minute to minute in those hours my brain went from personal loathing, to personal pity, to empathy and back again ten occasions over. She is so honest and I am SUPER GRATEFUL she shared this encounter. Highly recommend.. just what I needed at that time to help me understand some family members who are struggling! She walks the walk and talks the chat. Get some DBT.. Perspective and space around BPD diagnosis I'm not really a crazy fast reader, but I did get this one completed in about a week. This publication offered me some perspective and far required space around BPD. As a memoir, it allowed me to see how judgemental I got become towards myself towards feelings, behaviors and feelings that I had that were placing me on at my edge on a daily basis. I felt like these were just personality defects that I had to try to repair and resolve on my own. Now to get additional help and support. Thank you for posting your truths Kiera. Interesting read It had been a decent book. Very interesting to learn someone's personal account of owning a life with BPD. Many spelling and grammatical mistakes.



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