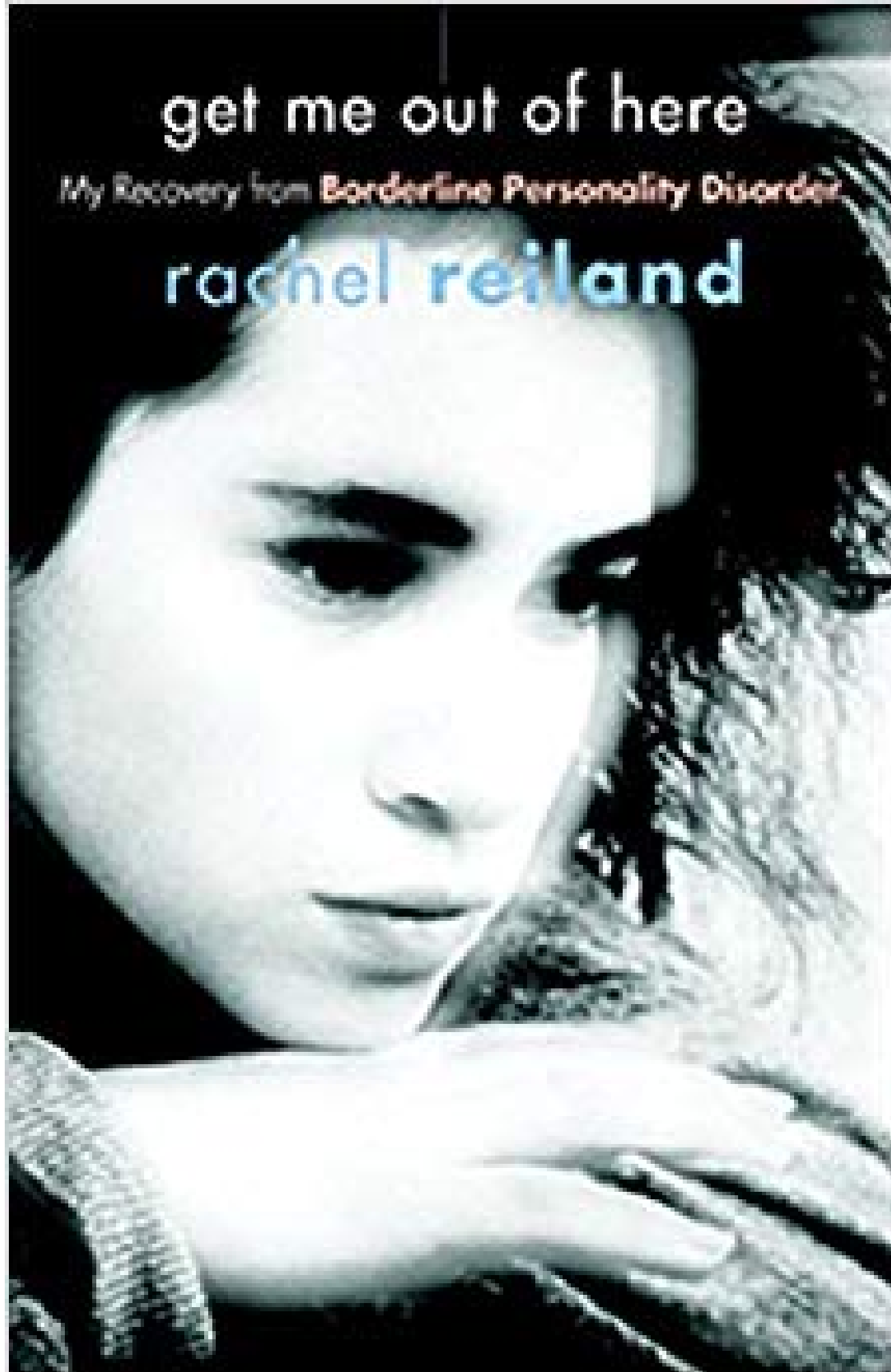


get me out of here

My Recovery from **Borderline Personality Disorder**

rachel reiland



Rachel Reiland

Get Me Out of Here: My Recovery from Borderline Personality Disorder



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With astonishing honesty, this memoir reveals what mental illness looks and feels like from the within, and how healing from borderline personality disorder is possible through intensive therapy and the support of family members. With astonishing honesty, this memoir, *Get Me Out of Here*, reveals what mental illness looks and feels as though from the inside, and how healing from borderline personality disorder can be done through intensive therapy and the support of loved ones." The tough chick loner action of self-reliance was a total facade. Excerpt: "My hidden secrets were not well-concealed. The psychological profile had been right as got the books on BPD. I was manipulative, desperately clinging and susceptible to tantrums, explosiveness, and frantic acts of desperation when I did so not experience the intimacy connection was solid enough. A riveting go through with a hopeful message. A mom, wife, and functioning professional, Reiland was diagnosed with borderline character disorder at age 29--a analysis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity.



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