



The Essential Family Guide to Borderline Personality Disorder: New Tools and Techniques to Stop Walking on Eggshells

By Randi Kreger

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Gentle counsel and realistic advice for families contending with one of today's most misunderstood forms of mental illness.

"Randi Kreger has done it again! With her new book, she continues to make the dynamics of Borderline Personality Disorder (BPD) readily accessible to those of us who love, live with and treat people who suffer from this complex condition." Blaise Aguirre, MD, Medical Director, Adolescent Dialectical Behavior Therapy Residential Program, McLean Hospital "Kreger's communication techniques, grounded in the latest research, provide family members with the essential ability to regain a genuine, meaningful relationship with their loved one with Borderline Personality Disorder." Debra Resnick, Psy.D., President, Psychological Services and Human Development Center "This book offers hope for those who think their situation has none." Rachel Reiland, author of *Get Me Out of Here: My Recovery from Borderline Personality Disorder* For family members of people with Borderline Personality Disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, unfair blaming and criticism, and suicidal tendencies common conduct among those who suffer from the disorder leave family members feeling confused, hurt, and helpless. In *Stop Walking on Eggshells*, Randi Kreger's pioneering first book which sold more than 340,000 copies, she and co-author Paul T. Mason outlined the fundamental differences in the way that people with BPD relate to the world. Now, with *The Essential Family Guide to Borderline Personality Disorder*, Kreger takes readers to the next level by offering them five straightforward tools to organize their thinking, learn specific skills, and focus on what they need to do to get off the emotional rollercoaster: Take care of yourself Uncover what keeps you feeling stuck Communicate to be heard Set limits with love Reinforce the right behaviors Together the steps provide a clear-cut system designed to help friends and family reduce stress, improve their relationship with their borderline loved one, improve their problem-solving skills and minimize conflict, and feel more self-assured about setting limits. Randi Kreger is the co-author of *Stop Walking on Eggshells* and the author of *The Stop Walking on Eggshells Workbook*. She operates bpdcentral.com, one of the top web-based resources for those living

with BPD, and runs the Welcome to Oz online family support groups based at her web site. Co-founder of the Personality Disorder Awareness Network, Kreger is frequently invited to lecture on BPD and related issues, both for clinicians and laypeople.

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Editorial Review

Review

This book offers hope for those who think their situation has none.

--Rachel Reiland, author of *Get Me Out of Here* (Rachel Reiland)

About the Author

Randi Kreger is coauthor of the groundbreaking bestseller *Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder* (over 350,000 copies sold), and author of the *Stop Walking on Eggshells Workbook: Practical Strategies for Living With Someone Who Has Borderline Personality Disorder*. These two books, which have been translated into seven different languages, have brought the concerns of family members with a borderline loved one to the international forefront. Kreger's website, BPDCentral.com, is one of the largest and longest-established sites about Borderline Personality Disorder on the web. Kreger is cofounder of the Personality Disorder Awareness Network and maintains Welcome to Oz, an online support group for family members of those with BPD. She gives presentations internationally to both laypeople and clinicians. Praise for Randi Kreger's *The Essential Family Guide to Borderline Personality Disorder*: "If you love someone who makes you feel trapped, controlled, or manipulated, this wonderful book can set you free." Anne Katherine, M.A., author of *Where to Draw the Line: How to Set Healthy Boundaries Every Day* "Be prepared to make some positive changes in your relationships." Kimberlee Roth, co-author of *Surviving a Borderline Parent: How to Heal Childhood Wounds and Build Trust, Boundaries, and Self-Esteem* "Kreger should be commended for her untiring efforts to help people impacted by this disorder." Perry D. Hoffman, Ph.D., President-National Education Alliance for Borderline Personality Disorder "This indispensable book is compassionate to all involved and avoids blame, jargon, and oversimplification." Freda B. Friedman, Ph.D., Dialectical Behavior Specialist "With exquisite understanding of the disorder and empathy for both those who have it and their family members, Kreger offers valuable 'Power Tools,' to help readers endure the ravages of BPD." Jerold J. Kreisman, M.D., co-author of *I Hate You, Don't Leave Me: Understanding the Borderline Personality and Sometimes I Act Crazy: Living with Borderline Personality Disorder* "Kreger uncovers the marvelous symmetry of the borderline relationship, in which both participants experience similar self-doubts, irrational guilt and shame, wavering identity, helplessness, anger, and fear of abandonment. Those with BPD and their loved ones will, together, benefit from the tools she provides." Richard A. Moskowitz, M.D., author of *Lost in the Mirror: An Inside Look at Borderline Personality Disorder* "Kreger masterfully breaks down BPD to help people more easily understand this complex subject." Barbara Oakley, Ph.D., author of *Evil Genes: Why Rome Fell, Hitler Rose, Enron Failed, and My Sister Stole my Mother's Boyfriend* "Randi Kreger has done it again! With her new book, she continues to make the dynamics of Borderline Personality Disorder (BPD) readily accessible to those of us who love, live with and treat people who suffer from this complex condition." Blaise Aguirre, MD, Medical Director, Adolescent Dialectical Behavior Therapy Residential Program, McLean Hospital "Kreger's communication techniques, grounded in the latest research, provide family members with the essential ability to regain a genuine, meaningful relationship with their loved one with Borderline Personality Disorder." Debra Resnick, Psy.D., President, Psychological Services and Human Development Center "This book offers hope for those who think their situation has none." Rachel Reiland, author of *Get Me Out of Here: My Recovery from Borderline Personality Disorder* Author Home Page: <http://www.bpdcentral.com>

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