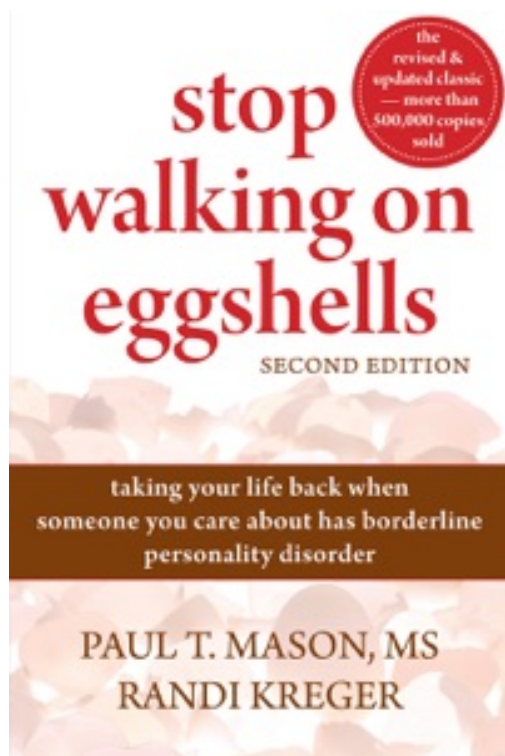


Stop Walking On Eggshells - Paul Mason & Randi Kreger Read Ebooks [EN] PDF, ePub, Mobi



Stop Walking on Eggshells Paul Mason & Randi Kreger Read ebooks [EN] PDF, ePub, Mobi, Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel as though you are constantly trying to avoid confrontation?

If you answered yes to any of these questions, you should remember this: It's not your fault. And you're not alone. In fact, the person you care about may have traits associated with borderline personality disorder (BPD), such as emotion dysregulation, impulsive behavior, unstable sense of self, and difficulty with interpersonal relationships. No matter how much you want to be there for your loved one, at times it can feel like you are walking on eggshells.

This compassionate guide will enable you to:

- Make sense out of the chaos
 - Stand up for yourself and assert your needs
- Defuse arguments and conflicts
 - Protect yourself and others from violent behavior
- Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life.

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