



# **Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD**

*Robert Friedel M.D.*

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## **Borderline Personality Disorder Demystified: An Essential Guide for Understanding and Living with BPD** Robert Friedel M.D.

Over six million Americans suffer from Borderline Personality Disorder (BPD), a chronic, disabling psychiatric condition that causes extreme instability in their emotional lives, behavior, and self-image, and severely impacts their family and friends. In *Borderline Personality Disorder Demystified*, Dr. Robert Friedel, a leading expert in BPD and a pioneer in its treatment, has turned his vast personal experience into a useful and supportive guide for everyone living with and seeking to understand this condition. Friedel helps readers grasp the etiology of Borderline Personality Disorder, the course it takes, the difficulties in diagnosing it, the types of treatment available, strategies for coping, and much more. *Borderline Personality Disorder Demystified* is an invaluable resource for everyone diagnosed with BPD, those who think they might have the illness, and friends and family who love and support them.

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