



Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem

Kimberlee Roth

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Surviving a Borderline Parent is the first step-by-step guide for adult children of parents with borderline personality disorder.

Between 6 and 10 million people in the US suffer from borderline personality disorder. This book teaches adult children how to overcome the devastating effects of growing up with a parent who suffers from BPD.

Although relatively common, borderline personality disorder (BPD) is often overlooked or misdiagnosed by therapists and clinicians and denied by those who suffer from it.

Symptoms of this problem include unpredictability, violence and uncontrollable anger, deep depression and self-abuse. Parents with BPD are often unable to provide for the basic physical and emotional needs of their children. In an ironic and painful role reversal, BPD parents can actually raise children to be their caretakers. They may burden even very young children with adult responsibilities.

If you were raised by a BPD parent, your childhood was a volatile and painful time. This book, the first written specifically for children of borderline parents, offers step-by-step guidance to understanding and overcoming the lasting effects of being raised by a person suffering from this disorder. Discover specific coping strategies for dealing with issues common to children of borderline parents: low self-esteem, lack of trust, guilt, and hypersensitivity. Make the major decision whether to confront your parent about his or her condition.

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The book untitled *Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem* contain a lot of information on that. The writer explains her idea with easy approach. The language is very clear and understandable all the people, so do not really worry, you can easy to read it. The book was written by famous author. The author provides you in the new period of time of literary works. It is easy to read this book because you can keep reading your smart phone, or device, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can available their official web-site along with order it. Have a nice study.

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