

The Basic Library on Borderline Disorder

by Robert O. Friedel, M.D. author of *Borderline Personality Disorder Demystified*,
and www.BPDdemystified.com

I highly recommend the following books on borderline disorder because they are well written, easily readable, very informative and meet the specific needs that are described.

Borderline Personality Disorder Demystified

by Robert O. Friedel

This book is a comprehensive guide to borderline disorder that relies heavily on existing information from the research literature. It is written primarily for people who have, or suspect that they may have, the disorder, and for their loved ones. It is also used as a concise reference source on the topic by psychiatrists and other mental health professionals. The book is distinctive from other books on borderline disorder of this type in five ways: 1) it is written by a psychiatrist with extensive experience in the clinical care of, research in, and training about borderline disorder; 2) it contains information on the history, genetics, neurobiology, medication management and other facets of the disorder not commonly or as extensively addressed in similar books; 3) it has an entire chapter devoted to current research on the disorder, and research potential in the future; and 5) it is extensively referenced.

Understanding and Treating Borderline Personality Disorder: An Update for Professionals and Families

edited by John G. Gunderson and Perry D. Hoffman

This book differentiates itself from others because its primary intended readers are the families of people suffering from borderline disorder who typically are receptive to treatment. It is edited by two highly skilled professionals who specialize in borderline disorder. The chapters are written by experts in areas relevant to the central theme. The book contains very helpful information that enables families, spouses and partners to better understand their roles, challenges and opportunities in the treatment process, and how to manage the very stressful effects of the disorder on them and the rest of the family. The information and suggestions provided are based on research and authoritative sources. I believe this is the first place to look for this type of help.

Stop Walking on Eggshells: Taking Back Your Life When Someone You Care About Has Borderline Personality Disorder

by Paul T. Mason and Randi Kreger

A number of people with borderline disorder do not accept the possibility that they have anything wrong with them. Instead, they typically blame their difficulties on those around them, especially family, spouses, partners and friends. This popular book, and the companion book, *The Stop Walking on Eggshells Workbook* by Randi Kreger, provide information and techniques on how to cope with such a situation.

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

by Rachel Reiland

It is important that you understand as much as possible about what it is like to have borderline disorder first hand. This is a very well written, articulate, honest and sometimes humorous account of the personal experiences of a young woman who has suffered with the disorder. It also provides a very detailed insight into the process of one form of psychotherapy used for the treatment of borderline disorder, psychodynamic psychotherapy, as the author experienced it. The author clearly describes her progress and setbacks through treatment with her very skilled and compassionate psychiatrist.

Don't Let Your Emotions Run Your Life: How Dialectical Behavior Therapy Can Put You in Control

by Scott E. Spradlin

This is a simply written and useful, self-help introductory book on DBT skills training. It explains some of the fundamental concepts of DBT, and provides a structured workbook format to help you to learn and apply the information to your life. Although it does not replace individual DBT, or supervised DBT skills training, it has been endorsed as a reasonable substitute for the latter in those communities where there are no formally trained DBT therapists.

Advanced Reading

The following books were written primarily for mental health professionals. Therefore, they use technical language and assume a basic understanding of psychology, and in some cases, medicine and neurobiology. Nonetheless, some non-professional readers may find that they contain information of importance to them that is not provided in more basic books.

Borderline Personality Disorder: A Clinical Guide

by John G. Gunderson

The author of this book is one of the leading psychiatrists in the field of borderline disorder. He synthesizes more than thirty years of training, clinical care, research experience and scholarship in this authoritative and highly readable book that expertly covers most areas of relevance. It is the next book to read after those mentioned above.

Borderline Personality Disorder: Psychiatric Clinics of North America

edited by Joel Paris

The editor of this book has carefully selected experts in a wide range of areas dealing with borderline disorder. These include the genetics, biology, childhood experiences, and various pharmacological and psychotherapeutic treatment approaches relevant to the

disorder. I believe this is a very useful book for experienced readers interested in taking their fund of knowledge about borderline disorder to a new level.

A Developmental Model of Borderline Personality Disorder: Understanding Variations in Course and Outcome

by Patricia H. Judd and Thomas H. McGlashan

This book stresses a developmental approach to borderline disorder, and is based on a twenty five year study of patients with the disorder. It uses an integrated, multidimensional model to clarify the origins, and principles of psychotherapy of borderline disorder. The use of patient examples makes the reading clear in areas that might otherwise be a bit difficult for the lay reader.

Skills Training Manual for Treating Borderline Personality Disorder

by Marsha M. Linehan

This manual was written by the founder of DBT for clinicians as an aid in their therapeutic work with patients with borderline disorder. It focuses on four specific skills areas with which people with borderline disorder struggle: mindfulness, the balance of emotions and rational thinking; interpersonal effectiveness; emotion regulation; and distress tolerance. Patient handouts are provided that are easily photocopied. The manual can be used for skills training groups and with individual patients. Finally, some people with borderline disorder who are not engaged in supervised skills training have also found the manual helpful.