



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

By Robert Friedel M.D.

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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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Editorial Review

From Publishers Weekly

According to Friedel, six million Americans suffer from the psychiatric disorder known as borderline personality disorder—and many of these people often go undiagnosed and live in the lonely fear that they simply lack willpower or self-confidence. Friedel, a distinguished clinical professor of psychiatry at Virginia Commonwealth University, steps in to explain this little-known and much-misunderstood disorder, and he offers not only information but hope—many people believe BPD isn't treatable, but Friedel says that there are effective treatments available. BPD, like many other psychiatric disorders, results from chemical imbalances in the brain, Friedel says. The emotional instability, impulsive behavior and impaired reasoning that often characterize BPD can thus be controlled with therapy and medication, though Friedel also stresses the importance of the patient's taking responsibility for following through on treatment. For readers who suspect that they or someone they love suffers from BPD, this guide is a good place to start learning how to find help.

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About the Author

ROBERT FRIEDEL, MD, is Distinguished Clinical Professor of Psychiatry at Virginia Commonwealth University and Professor Emeritus at the University of Alabama at Birmingham. He is the founding editor-in-chief of Current Psychiatry Reports and serves on the Scientific Advisory Board of the National Alliance for Borderline Personality Disorder. Friedel lives in Virginia.

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