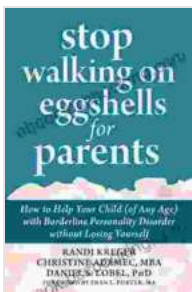


# Stop Walking On Eggshells For Parents: The Essential Guide to Managing BPD in Your Loved One

## What is BPD?

Borderline Personality Disorder (BPD) is a mental illness that affects how a person thinks, feels, and behaves. People with BPD often experience intense emotions, difficulty managing relationships, and impulsive behavior. They may also have a fear of abandonment and a distorted sense of self.



## Stop Walking on Eggshells for Parents: How to Help Your Child (of Any Age) with Borderline Personality Disorder without Losing Yourself by Randi Kreger

★★★★☆ 4.8 out of 5

Language : English  
File size : 2030 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 369 pages



BPD can be a challenging disorder for both the person who has it and their loved ones. Parents of individuals with BPD often feel overwhelmed, confused, and alone. They may not know how to best support their loved one while also protecting their own well-being.

## **This book is for you if:**

\* You are the parent of someone with BPD \* You are concerned about a loved one who may have BPD \* You want to learn more about BPD and how to best support your loved one

## **In this book, you will learn:**

\* What BPD is and what causes it \* The symptoms of BPD \* How to best support your loved one with BPD \* How to set boundaries and protect your own well-being \* Where to find help and support

## **About the Author**

Dr. Sherrie Campbell is a licensed clinical psychologist and the author of several books on BPD, including "Stop Walking On Eggshells For Partners" and "The BFree Downloadline Personality DisFree Download Workbook." She has over 20 years of experience working with individuals with BPD and their families.

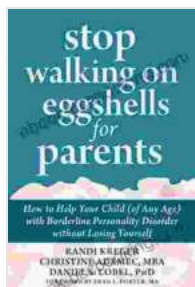
## **Reviews**

"This book is an invaluable resource for parents of individuals with BPD. It provides clear, concise information about the disFree Download and offers practical advice on how to best support your loved one while also protecting your own well-being." - Dr. John Gunderson, Professor of Psychiatry at Harvard Medical School

"Dr. Campbell's book is a must-read for any parent who is struggling to understand and support a loved one with BPD. Her insights and advice are invaluable." - Randi Kreger, author of "The Essential Family Guide to BFree Downloadline Personality DisFree Download"

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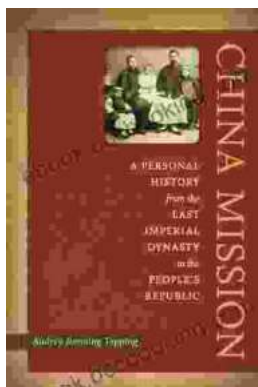
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