



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

By Kimberlee Roth, Freda B. Friedman, Randi Kreger

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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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- Sales Rank: #8545 in Books
- Brand: New Harbinger Publications
- Published on: 2004-01-01
- Original language: English
- Number of items: 1
- Dimensions: 8.75" h x 6.00" w x .50" l, .63 pounds
- Binding: Paperback
- 185 pages



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Editorial Review

Review

“If *Stop Walking on Eggshells* has become the bible for people with a borderline family member, I predict that *Surviving a Borderline Parent* will become the ‘must have’ book for people who have a parent with borderline traits. Authors Kimberlee Roth and Freda Friedman have done a stunning job of validating the isolating experience of these ‘adult children,’ and more importantly, shown them how to overcome the constant feelings of guilt, abnormality, and self-doubt. This book belongs on the shelf of every clinician and adult child with a borderline parent.”

—Randi Kreger, author of *Stop Walking on Eggshells*

“Kimberlee Roth and Freda Friedman provide comprehensive guidelines for adult children with borderline parents that help create balance and boundaries in these tumultuous relationships. The authors point to the need to break the ‘silent treatment’ around Borderline Personality Disorder and encourage clinicians to educate patients and family members about this diagnosis. This book is well worth the investment for any adult child with a borderline parent.”

—Christine A. Lawson, Ph.D., author of *Understanding the Borderline Mother*

“Life with a ‘normal’ parent can be hard enough. All of us have stories about low points in growing up. But ultimately we can look back on childhood with a warm feeling about our parents and feel that we were loved and nurtured. Not so for children of a parent with Borderline Personality Disorder. These adult kids may need to do years of work to recover from the narcissism of their caregivers. *Surviving a Borderline Parent* provides life-affirming signposts to the road back to emotional health.”

—Ross Werland, health editor for the *Chicago Tribune*

From the Publisher

This is the first step by step guide for adult children of parents with Borderline Personality Disorder. It teaches them how to overcome the devastating effects of growing up with a parent who suffers from BPD. Foreword is by Randi Kreger, coauthor of "Stop Walking on Eggshells" and "The Stop Walking on Eggshells Workbook."

About the Author

Kimberlee Roth is a health writer and journalist. She has written about Borderline Personality Disorder and topics related to physical and emotional well being for numerous newspapers and magazines, including the *Chicago Tribune*.

Freda Friedman, Ph.D., LCSW, is in private practice and a member of the Phoenix Institute in Chicago, Illinois. For the past twenty years, her primary clinical focus has been with Borderline Personality Disorder, providing treatment, education, support and consultation to people suffering from the disorder, their families and health care professionals working with them. She is on the board of several professional health care organizations and has developed BPD programs in New York and Chicago.

Users Review

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Lois Reyna:

What do you regarding book? It is not important with you? Or just adding material if you want something to explain what yours problem? How about your spare time? Or are you busy person? If you don't have spare time to accomplish others business, it is make you feel bored faster. And you have time? What did you do? All people has many questions above. They need to answer that question because just their can do that. It said that about e-book. Book is familiar on every person. Yes, it is correct. Because start from on guardería until university need this kind of *Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem* to read.

Dorcas Starling:

Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem can be one of your nice books that are good idea. We recommend that straight away because this e-book has good vocabulary that may increase your knowledge in vocabulary, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort that will put every word into satisfaction arrangement in writing *Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem* nevertheless doesn't forget the main position, giving the reader the hottest and also based confirm resource details that maybe you can be certainly one of it. This great information can drawn you into brand-new stage of crucial pondering.

Patrick Austin:

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James Longo:

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