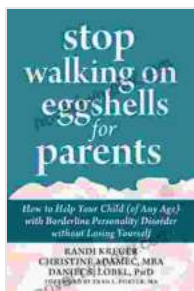


Stop Walking On Eggshells For Parents

If you're a parent of someone with borderline personality disorder (BPD), you know how challenging it can be to deal with their unpredictable behavior. You may feel like you're constantly walking on eggshells, afraid to say or do the wrong thing. This book will help you understand BPD and learn how to cope with your loved one's symptoms.



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 is a mental illness that affects how a person thinks, feels, and behaves. People with BPD often have difficulty regulating their emotions, which can lead to impulsive behavior, self-harm, and relationship problems. They may also experience intense mood swings, paranoia, and difficulty forming stable relationships.

Parenting a child with BPD can be a daunting task. You may feel like you're constantly being tested and that you can never do anything right. However,

there are things you can do to help your loved one manage their symptoms and improve their quality of life.

This book will teach you about the symptoms of BPD and how to recognize them in your child. You will also learn about the different treatment options available for BPD and how to support your child through the treatment process.

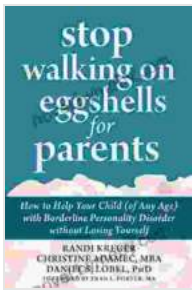
If you're a parent of someone with BPD, this book is a valuable resource that can help you understand BPD and learn how to cope with your loved one's symptoms. With the right help, your child can learn to manage their BPD and live a full and happy life.

Here are some of the things you'll learn in this book:

- The symptoms of BPD and how to recognize them
- The different treatment options available for BPD
- How to support your child through the treatment process
- How to set boundaries with your child
- How to communicate effectively with your child
- How to take care of yourself as a parent of a child with BPD

If you're ready to stop walking on eggshells and start helping your child manage their BPD, this book is for you. Free Download your copy today!

Buy Now



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