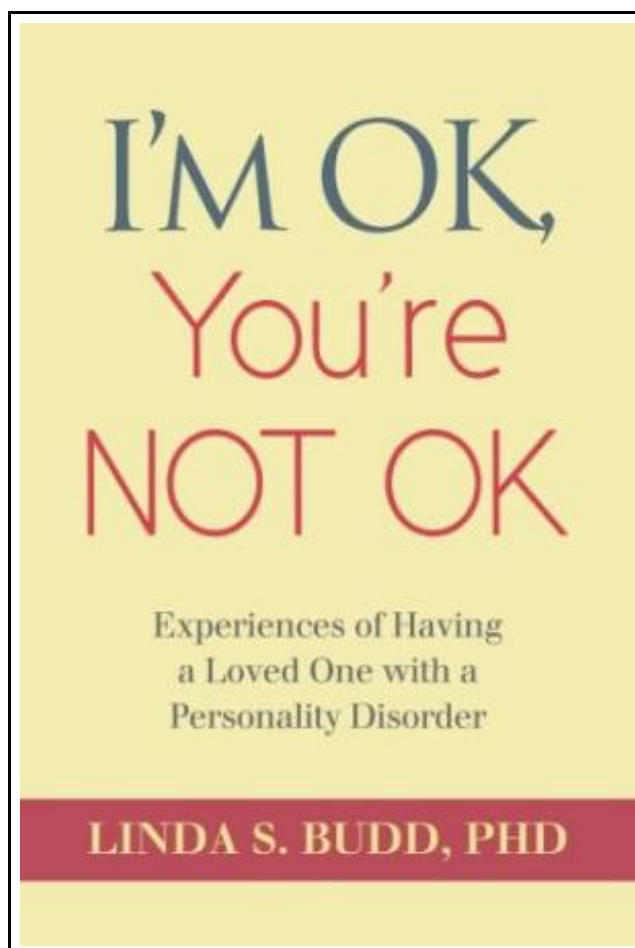


I m Ok, You re Not Ok: Experiences of Having a Loved One with a Personality Disorder



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Reviews

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Does it ever feel like someone in your family drains you dry? Does it feel like no matter what you do, or how much, it will never be right or enough? Whether the person is your parent, child, spouse, or sibling, this priceless new guide by Linda S. Budd, PhD, will help to find ways to break the cycle you re currently in. This groundbreaking new book discusses what it s like to have a loved one with a personality disorder and enlightens us to the games that those with such disorders play. Although they think it s for survival, oftentimes, sufferers of personality disorders utilize triangulation, projection, and no talk that can quickly become part of a family system and impact everyone involved. Providing valuable insight into what it s like to be involved with someone who suffers from a personality disorder, this thoughtful guide outlines the lessons learned regarding denial, change, and hope. Offering helpful advice and meaningful guidance, Budd will help change detrimental behaviors to make your family s lives exponentially better. I m OK, You re Not OK: Experiences of Having a Loved One with a Personality Disorder is an easily understandable guide to identifying and relating to loved ones with personality disorders. Recognizing the challenges involved, Budd aids readers in distinguishing problems while sharing the expertise and experience of hard-fought lessons learned. An extraordinarily helpful tool, this wonderful book offers insight into how every family member is affected and how each can learn to handle loved ones with personality disorders. The first book of its kind to discuss the topic from the perspective of each family member, from siblings, parents of adult children,...



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