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MANAGING INTENSE EMOTIONS AND OVERCOMING SELF-DESTRUCTIVE HABITS: A SELF-HELP MANUAL

Lorraine Bell

Managing
Intense Emotions
and Overcoming
Self-Destructive Habits
A Self-Help Manual

Taylor Francis Ltd, United Kingdom, 2003. Paperback. Book Condition: New. 242 x 172 mm. Language: English. Brand New Book. What is borderline personality disorder and what can people with borderline problems do to help themselves? The treatment of personality disorder is a major concern facing current mental health services. Specialist therapies are often not available and many people with these problems drop out of treatment. Managing Intense Emotions and Overcoming Self-Destructive Habits is a self-help manual for people who...

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- Authored by Lorraine Bell
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