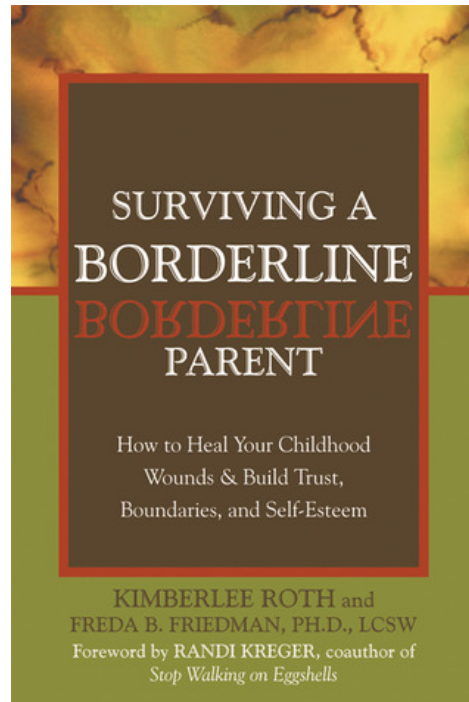


Download ebooks *Surviving a Borderline Parent: How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem*

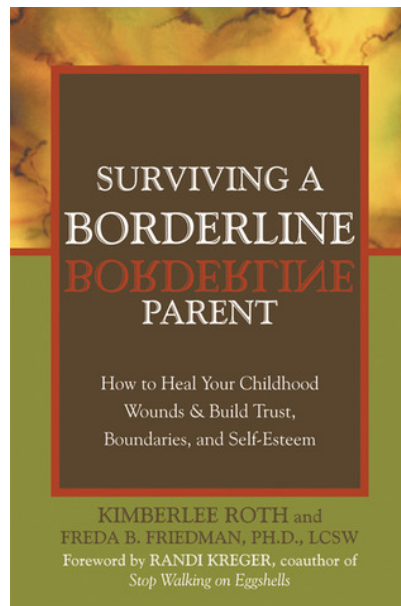
By Kimberlee Roth



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

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