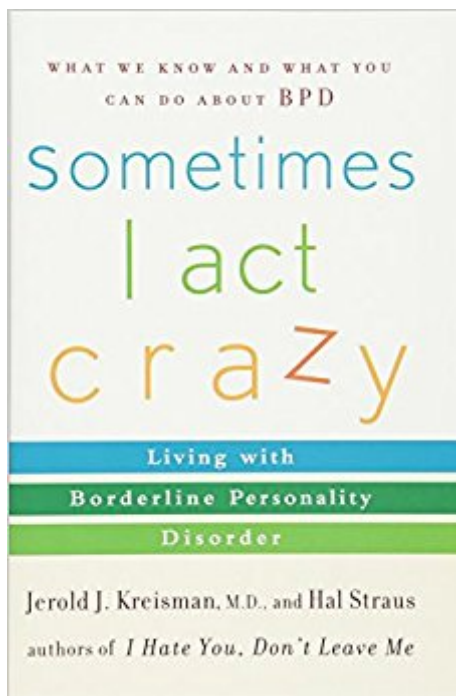




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# Sometimes I Act Crazy: Living With Borderline Personality Disorder



## Synopsis

A source of hope, expert advice, and guidance for people with borderline personality disorder and those who love them Do you experience frightening, often violent mood swings that make you fear for your sanity? Are you often depressed? Do you engage in self-destructive behaviors such as drug or alcohol abuse, anorexia, compulsive eating, self-cutting, and hair pulling? Do you feel empty inside, or as if you don't know who you are? Do you dread being alone and fear abandonment? Do you have trouble finishing projects, keeping a job, or forming lasting relationships? If you or someone you love answered yes to the majority of these questions, there's a good chance that you or that person suffers from borderline personality disorder, a commonly misunderstood and misdiagnosed psychological problem afflicting tens of millions of people. Princess Diana was one of the most well-known BPD sufferers. As a source of hope and practical advice for BPD sufferers and those who love them, this new book by Dr. Jerold J. Kreisman and Hal Straus, bestselling authors of *I Hate You, Don't Leave Me*, offers proven techniques that help you: \* Manage mood swings \* Develop lasting relationships \* Improve your self-esteem \* Keep negative thoughts at bay \* Control destructive impulses \* Understand your treatment options \* Find professional help

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## Customer Reviews

Kreisman's *I Hate You, Don't Leave Me*, a rigorous but informal introduction to Borderline Personality Disorder, was published in 1989, and has sold 300,000 copies since. This follow-up volume incorporates advances in the understanding of BPD that have been made in the

last 15 years, as well as new case studies and anecdotes (the book begins with a patient named "Diana" who turns out be the late UK princess) and a less gloomy prognosis. Most of the 12 chapters begin with a particular patient, detailing specific symptoms and behaviors in a pulpy prose style, often including first person narrative ("Doc, you probably want to hear how horrible my mom and dad were") and reconstructed dialogue ("Fine; Patty bites off, impatiently shifting her weight to one hip. 'Anything else?';"). While these narrative descriptions are a little hokey, they are packed with behaviors that Kreisman then proceeds to take up and unfold, all the while gently introducing technical terms as needed, and making suggestions for how to cope, verbally or otherwise, with a host of Borderline behaviors in family, lover or friend. The case studies occasionally have a lurid quality (particularly since BPD often involves acting out sexually) that is completely undercut by Kreisman's patient analyses, making the book feel a little split. But even at its most garish, the book sticks close to the facts, and Kreisman's commentary is expert and imperturbable. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. --This text refers to an out of print or unavailable edition of this title.

Life with borderline personality disorder is a life out of control. Pulled apart by warring emotions and self-destructive impulses, tormented by fears of abandonment, those with BPD rarely know real satisfaction or inner peace. BPD sufferers' emotions can drive them to acts of antisocial violence and destruction or to self-mutilation, drug and alcohol abuse, eating disorders, compulsive gambling, or sexual compulsions. Living with someone with BPD is not easy either. Those with BPD can be charming and sympathetic, yet their violent mood swings, propensity for veering suddenly and inexplicably from adoration to hatred, and destructive impulsivity can make life with them like running an endless emotional gauntlet. If you or someone you care for has been diagnosed with borderline personality disorder, this book will be a source of healing. If you suspect that your child, mate, or other loved one has BPD, it can help you to understand why that person acts the way he or she does and will show you what you can do to help make his or her life- and your life- happier and more rewarding. Written by one of the most respected authorities on borderline personality disorder, *Sometimes I Act Crazy* is a source of wisdom and practical advice on living with the most common personality disorder. Dr. Jerold Kreisman refutes the misperception that BPD is untreatable, and he charts the enormous progress that has been made over the past decade by researchers in a variety of fields in understanding its causes and therapies. He also offers expert guidance on getting a proper diagnosis and understanding all the best treatment options currently available. Each chapter of *Sometimes I Act Crazy* centers on a riveting case story that takes you inside the life of a BPD

sufferer at a crucial life moment. Dr. Kreisman explores the complex play of forces at work behind the symptom or behavior under discussion. And he provides simple action steps BPD sufferers or their loved ones can take to help keep things from boiling over into a full-fledged crisis. Wise, compassionate, and practical, *Sometimes I Act Crazy* offers new hope to people with borderline personality disorder and those closest to them.

The best BPD book I've ever found. I purchased a copy for myself years ago and loved it so much, I got one for my (sometimes long-distance) husband soon after, as well as my mother. A problem I found with most BPD books was that they explained the symptoms, but not always the reasoning behind them, and almost never the feelings the sufferer experiences. This book helped me tremendously in really understanding myself. It explained many things, even some behaviours that I hadn't linked to my BPD. Nowadays I'm doing much better, and I owe that in part to this book. It really helped me feel understood and not quite so isolated in a very difficult time. And it was perfect for explaining to others the way I felt. My husband gained so much insight into what I experience. So many things I couldn't explain to him, this book covered them. He became so much more patient with me once he better understood me. Truly an amazing book. Forever grateful to the author.

This book is a must for anyone in your life who says why do you do the things you do! A rational explanation and resource for an illness we really cannot answer. The mind is a wonderful complicated thing. If a chemical imbalance, and or heredity factors are in place the challenge to to be stable becomes a chore. I seek out any useful guide to reference , not only for myself but for others. This is a definite shelf keeper. A book to go back to time and time again. Things will make sense, and helpful tools are made available. I would highly recommend this book.

Informative

Great book if you have BPD

This book is decent in the fact that covers a wide array of topics related to BPD. The problem I have with this book is that it does not expand on any new concepts or provide new insight or depth into BPD. What is covered is done nicely and neatly, but I was really hoping for something different. Not a bad book, a good place to start if you are researching BPD.

great book

Really helpful and insightful

In the world we live in today, a must read.

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