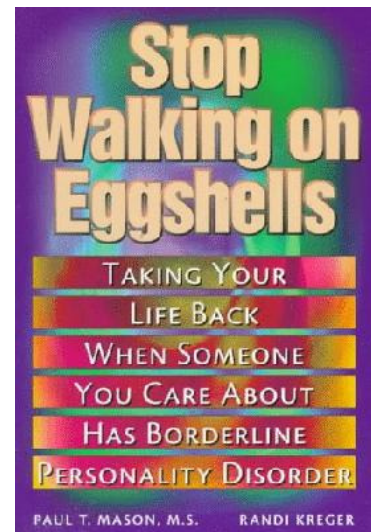


STOP WALKING ON EGGSHELLS – Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

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Paul T. Mason is a program manager of Child/Adolescent Services and a psychotherapist with Psychiatric Services for St. Luke's Hospital in Racine, Wisconsin. His research on borderline personality disorder (BPD) has appeared in the Journal of Clinical Psychology, and he teaches seminars for mental health professionals on the effects of BPD on partners and family members.



Randi Kreger is a professional writer and president of Kreger Marketing Group. Frustrated with lack of information about BPD and families, she initiated an internet discussions group and a site on the web for people who care about someone with borderline personality disorder.

- Chapter 1: Walking on Eggshells: Does Someone You Care About Have BPD?
- Chapter 2: The Inner World of the Borderline: Defining BPD.
- Chapter 3: Making Sense Out of Chaos: Understanding BPD.
- Chapter 4: Living In a Pressure Cooker: How BPD Behavior Affects Non-BPs.
- Chapter 5: Making Changes Within Yourself.
- Chapter 6: Understanding Your Situation, Setting Boundaries, and Developing Skills.
- Chapter 7: Asserting Your Needs with Confidence and Clarity.
- Chapter 8: Developing a Safety Plan.
- Chapter 9: Protecting Children from BPD Behavior.
- Chapter 10: Waiting for the Next Shoe to Drop: Your Borderline Child.
- Chapter 11: Lies, Rumors, and Accusations: Combating Distortion Campaigns.
- Chapter 12: What Now? Making Decisions About the Relationship.

Do you feel that anything you do or say will be twisted against you? Are you being accused of things you never did or said? Do you try to avoid horrible, confusing arguments by concealing your thoughts and feelings? Are you at the end of your rope?

We promise that our book, *“Stop Walking On Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder,”* will help. Those who have read it usually have two comments: *“I wish I had read this book years ago,”* and *“This book is the only thing that has really helped my relationship with this person.”* – Paul Mason & Randi Kreger