



# **Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy**

*Blaise A. Aguirre , Gillian Galen*

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If you are like many others living with borderline personality disorder (BPD), you know what it's like to be overwhelmed by intense and fluctuating emotions; to have difficulty with relationships; and to constantly struggle with troubling thoughts and behaviors. BPD can be especially difficult to treat, though there are ways to gain control over your symptoms and live a happier, healthier life.

Expanding on the core skill of dialectical behavior therapy (DBT), *Mindfulness for Borderline Personality Disorder* will help you target and successfully manage many of the familiar symptoms of BPD. Inside, you will learn the basics of mindfulness through specific exercises, and will gain powerful insight through real-life stories from people who have BPD. If you are ready to take that first step on the path toward wellness, this book will be your guide.

## **Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy Details**

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# **From Reader Review Mindfulness for Borderline Personality Disorder: Relieve Your Suffering Using the Core Skill of Dialectical Behavior Therapy for online ebook**

## **Stephanie says**

This is by far the best mindfulness book I've read. The techniques could be used by anyone in any setting. If it's possible to be in love with a book, I am.

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## **Kelly says**

I highly recommend this book if you are struggling with BPD or even if you are bi-polar. This was my first introduction to mindfulness and with practice + patience this book can help change the way you think or react in all types of situations. When I came across this book I had been struggling pretty bad to regulate my emotions and felt as though I had no control.

After reading this book and taking TONS of notes, years later I am still practicing mindfulness.

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## **MindFully says**

I am extremely excited & unbelievably hopeful; after reading this book. I feel like I have all the power in the world & if you'd have asked me 5 years ago... I would have never said that it all started with Mindfulness."

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## **Grace Masters says**

Very helpful information and tips.

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## **Kayla Knight says**

Excellent resource!

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## **Elizabeth says**

Un must

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## **Sam (Rescue Dog Mom, Writer, Hugger) says**

I read this book for the purpose of character research. I found it easy to read and understand and believe anyone suffering this disorder would be helped by reading this book.

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## **Charlie Hersh says**

As for its instruction on mindfulness, if you've been through DBT, there's nothing really new. It helps identify specific exercises as being useful for specific symptoms of BPD, but other than that, you'll know everything already. However, it's what they frame the mindfulness in that I absolutely loved. They focus on breaking down BPD into specific symptoms and showing how mindfulness can help those individual symptoms, and explain things in a way that doesn't shy away from presenting academic research, biological models, and even philosophical positions. Unlike other books which may dumb down their explanations or leave out the more clinical or gritty details, which can feel patronizing and even invalidating, these authors treat the reader as an intellectual equal, and as someone who experiences a lot of self-hatred particularly regarding my intelligence, I found the tone and level of information in the book extremely refreshing, rewarding, and validating (which, for borderlines, is pretty much one of the most helpful things you can give them).

I also really appreciated their honesty while talking about how BPD is seen/treated among mental health professionals. They addressed pertinent issues like why women are diagnosed with BPD way more often than men (spoiler: it's sexism!) and the short first-hand anecdotes throughout the book (which, personally, are always my favorite part) are diverse enough to show a really wide range of borderline experiences. As someone who doesn't fit the (inaccurate but persistent) stereotype of the reckless, promiscuous, manipulative borderline, it was extremely helpful to see expressions of BPD that I actually could relate to.

I'm not sure how accessible or helpful the information is without having already done DBT, but otherwise, 10/10, one of my new favorite borderline books!

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## **Andie says**

I won this book in a giveaway but if I had known about it I would have gladly paid full price for it. This book is worth every penny! Someone that I am very close to has BPD and I have never quite understood the diagnosis. After reading this book I have more empathy and understanding for my loved one. The author explains BPD in a clinical sense that is easy to follow without dumbing it down. I could see my loved one in many of the scenarios presented and the way the author uses mindfulness techniques to change a patient's behavior is brilliant and encouraging. A patient who actively participates in their treatment will feel empowered and hopeful. I passed this book on to my loved one and I can already see an improvement in their coping skills and behavior. I highly recommend this book to anyone who has BPD or anyone who loves a person with BPD. I also learned how to deal more effectively with my loved one and they have seen a change in my response to them which has helped us become closer and to have a more peaceful relationship.

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## **Amy says**

This was literally one of the most difficult books for me to get through. It took me well over a month to finish it. If you have this disorder, definitely read this book.

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## **Bronwyn says**

So good. So practical. Well-written. Plenty of simple exercises. So recommended.

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## **Erika Powers says**

Want to finish reading. It was due before I finished.

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## **Lene (thereadingsocialist) says**

Oh. My. God. Thank you so much for writing this book, Aguirre and Galen. I have no clue how I can possibly begin to thank you. This was a massive help for me, and the beginning of restoring not only my relationship with my partner but with myself.

The first part of the book goes to great lengths to convince you that this is real science and backs up its research well. Which for me was necessary, as I was skeptical of the concept of mindfulness as some Buddhist, yogi, pseudoscience. Part 2 shows you the 8 basic steps to get into mindfulness, and part 3 shows examples of what to do with the different symptoms you may feel.

I have never felt a book represent and understand me so well, and at the same time come with actual helpful advice on what to do. This advice has helped me more than any therapist and medication previously, and I am forever grateful that this book was written and that I picked it up.

I am beyond words on how to explain the impact this book had on my life. To do this day, this is the best self-help book I have ever read. If you suffer from Borderline Personality Disorder / Emotional Unstable Personality Disorder, please pick this book up from the nearest bookshop, library or the internet.

If you want to follow my progress on the different exercises in the book, take a look at some of the posts on my mental health recovery blog.

**5 / 5 stars**

This is the 2nd of the books I am reading in 2018 in my mission to better my EUPD through self-help books. I don't believe any further explanation needs to be given to justify the rating.

**10 / 10 - my mental health scale**

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### **Matthew says**

I liked this a lot--mindfulness is often the core skill that makes the other skills possible and this book gives some useful tips for therapists introducing mindfulness and DBT concepts and skills. I also think this book can be recommended to most clients with BPD traits.

Some highlights: when applying mindfulness skills to impulsivity the authors recommend resisting the urge to swallow for 90 seconds to 2 minutes while paying attention to one's thoughts and experience. I also liked and will use their RIDE THE WAVE acronym:

1. **R**egister your body sensations.
  2. **I**dentify your action urges.
  3. **D**etermine the emotion.
  4. **E**xpress to yourself nonjudgmentally.
  5. Take deep breaths.
  6. **H**ands and body are open.
  7. Establish a grounded position.
  8. **WAVE**: Watch and notice your emotion as if it were a wave.
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### **erufu says**

A worthwhile read for anyone that suffers with emotional dysregulation, not just those diagnosed with BPD. 100% will read and revisit often.

They provide a compassionate and conversational approach to teaching the practice of mindfulness in the midst of suffering.

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