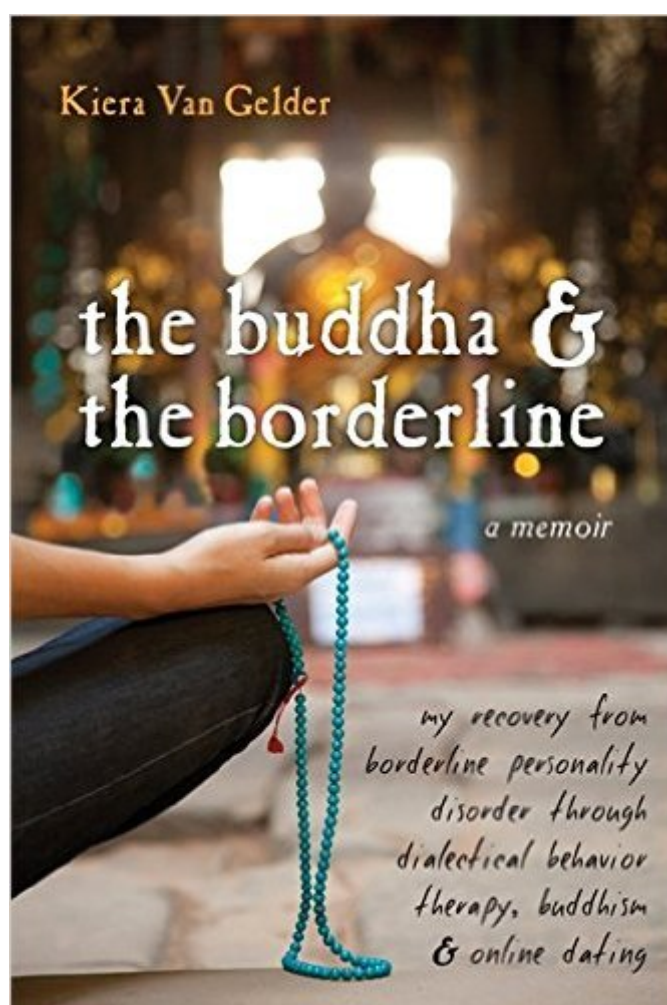


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# The Buddha And The Borderline: My Recovery From Borderline Personality Disorder Through Dialectical Behavior Therapy, Buddhism, And Online Dating



## Synopsis

Kiera Van Gelder's first suicide attempt at the age of twelve marked the onset of her struggles with drug addiction, depression, post-traumatic stress, self-harm, and chaotic romantic relationships-all of which eventually led to doctors' belated diagnosis of borderline personality disorder twenty years later. *The Buddha and the Borderline* is a window into this mysterious and debilitating condition, an unblinking portrayal of one woman's fight against the emotional devastation of borderline personality disorder. This haunting, intimate memoir chronicles both the devastating period that led to Kiera's eventual diagnosis and her inspirational recovery through therapy, Buddhist spirituality, and a few online dates gone wrong. Kiera's story sheds light on the private struggle to transform suffering into compassion for herself and others, and is essential reading for all seeking to understand what it truly means to recover and reclaim the desire to live.

## Book Information

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## Customer Reviews

This book is an inspiration for anyone wanting to resolve their own life's problems and is a manual on how not to give up. The author has a mental illness (Borderline Personality Disorder) that affects every level of her life, personal, professional, familial. It is not easy for her to find the treatment she needs but she doggedly pursues what is available in her community and uses what is available to her, eventually getting her life together and finding insight. The book is a fascinating look into the treatment of a mental illness, the health care professionals who hinder or help. She offers important insights into what calms her negative self talk, the core belief systems of people with BPD (i.e., the world is a hostile place), and which treatments truly help. The author has so much courage as she

moves through her difficulties with her anger, attachment issues, and being mindful. In her participation in a group which offers Dialectical Behavioral Therapy (which was created by Marsha Linehan for those with BPD, using among other things, the Buddhist technique of mindfulness) sows the seeds of the author's interest in Buddhism. When the author completes her treatment with the DBT group, she looks for a meditation group so she can continue her techniques of grounding and mindfulness, which involves noticing her thoughts but not getting caught up in the emotions of her thoughts. As a clinician I have provided counseling for people with BPD and have also had friends with this diagnosis, a description of which includes "frantic efforts to avoid real or imagined abandonment." A person with DBT can feel very afraid of abandonment at one point and then be the abandoner the next in a reactionary pattern that can go back and forth (and indeed the author experiences this in her book).

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