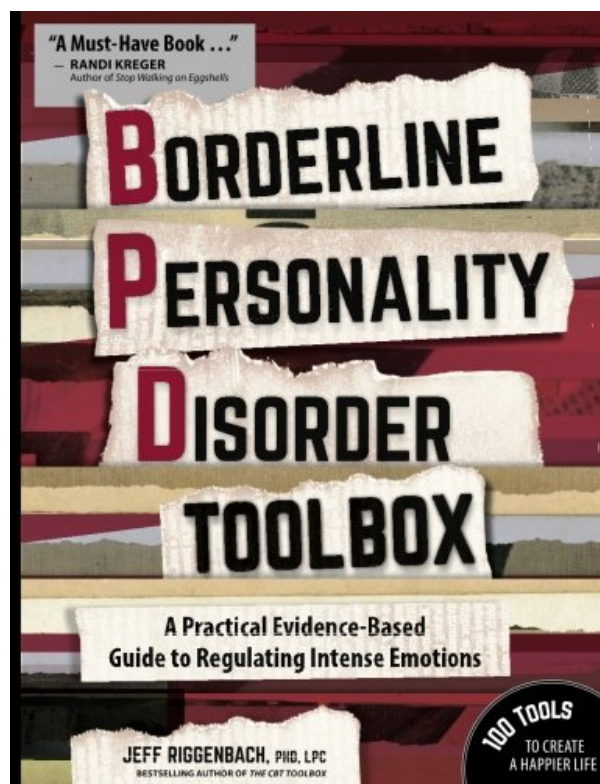
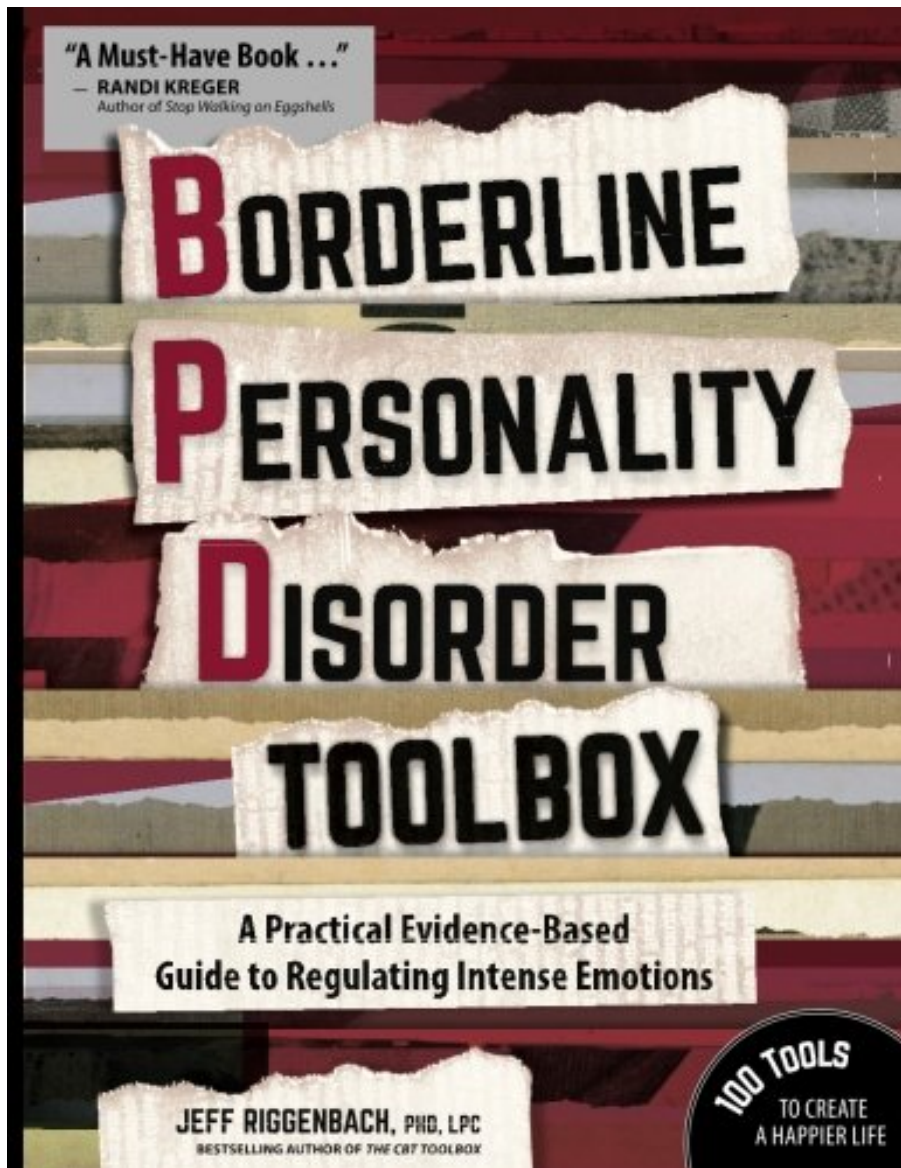


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Review

"Many people who struggle to acknowledge the presence of BPD traits in their lives continue to suffer needlessly. In the *Borderline Personality Disorder Toolbox*, Dr. Jess Rigenbach explains this diagnosis clearly and offers a variety of skills from evidence-based approaches for treating it. This toolbox is a must-have for mental health professionals, people with BPD traits and their family members." --Randi Kreger, Author, *Stop Walking on Eggshells* and *The Official Family Guide to Borderline Personality Disorder*, Founder, BPDCentral.com

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Dr. Riggio's toolbox incorporates much practical gear for dealing with the vulnerabilities of borderline personality. He incorporates elements of several therapeutic approaches to develop functional strategies for regulating these challenges. These tools help all those experiencing the demands of BPD to build and sustain more stable relationships. --Jerold Kreisman, MD, Author of *I Hate You, Don't Leave Me: Understanding the Borderline Personality* and *Sometimes I Act Crazy: Living with Borderline Personality Disorder*

About the Author

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CONGRATULATIONS TO JEFF RIGGENBACH AND BORDERLINE PERSONALITY DISORDER TOOLBOX ON FINISHING AS A SILVER FINALIST IN BOTH PSYCHOLOGY AND SELF-HELP AT THE 2017 IBPA BENJAMIN FRANKLIN AWARDS!

- Do you feel misunderstood?
- Do mood swings hit you quickly and intensely?
- Are you susceptible to getting your "buttons pushed" more often than others?
- Can you love your partner with all your heart and passionate intensity one moment, and hate them just as much only an hour later?
- Do you constantly have a nagging voice in the back of your mind telling you someone you care about is going to leave you, and that you will never be able to make it in life without them?

If the answer to the majority of these questions is "yes," it is likely that you have borderline personality disorder, or BPD.

But there is hope. And good news -- BPD is a highly treatable disorder.

Drawing from a variety of evidence-based approaches, the Borderline Personality Disorder Toolbox is a real-world self-help workbook. Escaping generalizations and stereotypes, this complete guide is filled with practical explanations, along with over 100 worksheets and activities to improve behavior. Highlights include:

- Empower yourself so others can't push your buttons
- Tips to cope with intense feelings
- Retrain your brain to constructively deal with distorted thoughts
- Take control of your emotions before they take control of you
- Tools to create a happier, healthier and more productive life!

- Sales Rank: #110341 in Books
- Published on: 2016-08-01
- Original language: English
- Dimensions: 11.00" h x .46" w x 8.50" l, .0 pounds
- Binding: Paperback
- 182 pages

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1 of 1 people found the following review helpful.

Great resource for psychoeducation and more.

By J'Wanna S.

Awesome purchase. This is a great resource for psychoeducation and challenging patients with BPD. I love the worksheets and explanations throughout this toolbox. It has helped several of my patients since I purchased and used the information. Now, they are planning to purchase this book and use it to help their families understand BPD. Again, a great buy.

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Educational. Workbook.

By Amberly

Good workbook. Educational.

6 of 6 people found the following review helpful.

Incredibly helpful book

By Elizabeth

Dr. Riegenbach's "Borderline Personality Disorder Toolbox" presents beneficial information for anyone affected by BPD. I especially appreciate the inclusion of information for professionals. Oftentimes, expert authors only present information from a provider's perspective, ignoring our perspectives, and the information is often laced with bias--intentional or not. For BPD individuals, the stigma is unavoidable & painful. Having received inadequate and inappropriate medical treatment due to my BPD diagnosis, I am grateful to see it tactfully addressed by Dr. Riegenbach. He addresses BPD so that patients, friends, families, and both medical and mental health providers can benefit from reading it as well as utilizing and practicing the skills, "tools", and exercises provided. I have already been able to use several of the "tools" and exercises and found them very helpful. As a result, I confidently encourage anyone affected by BPD to buy Dr. Riegenbach's book.

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