



The Stop Walking on Eggshells Workbook: Practical Strategies for Living with Someone Who Has Borderline Personality Disorder

Randi Kreger

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The symptoms of borderline personality disorder (BPD) include severe mood shifts, unfounded accusations and wildly inappropriate displays of anger, a range of self-destructive behaviors, and frantic efforts to avoid abandonment. For the friends and families of people with BPD, **The Stop Walking on Eggshells Workbook** supports and reinforces the ideas in its partner book **Stop Walking on Eggshells**.

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