



The Angry Heart: Overcoming Borderline and Addictive Disorders : An Interactive Self-Help Guide

Joseph Santoro , Ronald Cohen

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The emotional turmoil and impulsive behavior that characterize borderline personality disorder are so often accompanied by alcoholism or drug abuse that some estimates suggest that as many as half of the millions of people with substance abuse problems may have a masked borderline personality disorder. If you have problems with addictive behavior, this self-help guide offers a range of exercises and step-by-step techniques to help you come to terms with the destructive aspects of your lifestyle. Learn how to break out of the dysfunctional cycle of self-defeating thoughts and behavior that addictive behaviors can cause. **Angry Heart** has practical, clinically sound strategies supported by the poignant personal experiences of other individuals who have struggled with these problems.

The Angry Heart: Overcoming Borderline and Addictive Disorders : An Interactive Self-Help Guide Details

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From Reader Review The Angry Heart: Overcoming Borderline and Addictive Disorders : An Interactive Self-Help Guide for online ebook

Rachael Wandrey says

Slightly informative for clinicians with some useful homework ideas. Mostly a self-help narrative, though.

Linda says

This book would be good for someone who wanted more of an introduction to Borderline Personality Disorder. I had already read a few books before this and done much research so I found some of the information redundant. I found the second half of the book much more interesting; however, I think the exercises it listed would be most helpful for the person trying to overcome Borderline Personality Disorder and would be of little use to anyone else (except maybe the therapist working with them). If you love someone who has BPD you might find familiarizing yourself with the exercises portion useful if you plan on supporting them through their treatment and they often discuss it with you, so that you could better understand the process they are going through.

Leslie says

This book contains exercises for people suffering from Borderline Personality Disorder to work through. It really doesn't have a whole lot for people who want to understand the disorder. I think it's a great people for BPD sufferers, however.

King Sroe says

This book can really help people out. Give it a shot.

Albert says

Not recommended.

I believe some of the techniques recommended in this book might be re-traumatizing for some people. At best those with borderline TRAITS might find it helpful.

Jaclyn says

This book is almost too good. I have read reviews criticizing the fact that it is sold, as it should only be used with a therapist. I definitely understand where they are coming from.

This was far from my first self-help book, but it is the most important book I have ever read. It offered me a way to work through my past in a way I would never have found otherwise. It was so easy to do these exercises and pieces started fitting together right away. So many "aha" moments. I know myself very well but this book helped me to see WHY I am the way I am.

Five stars just isn't enough.
