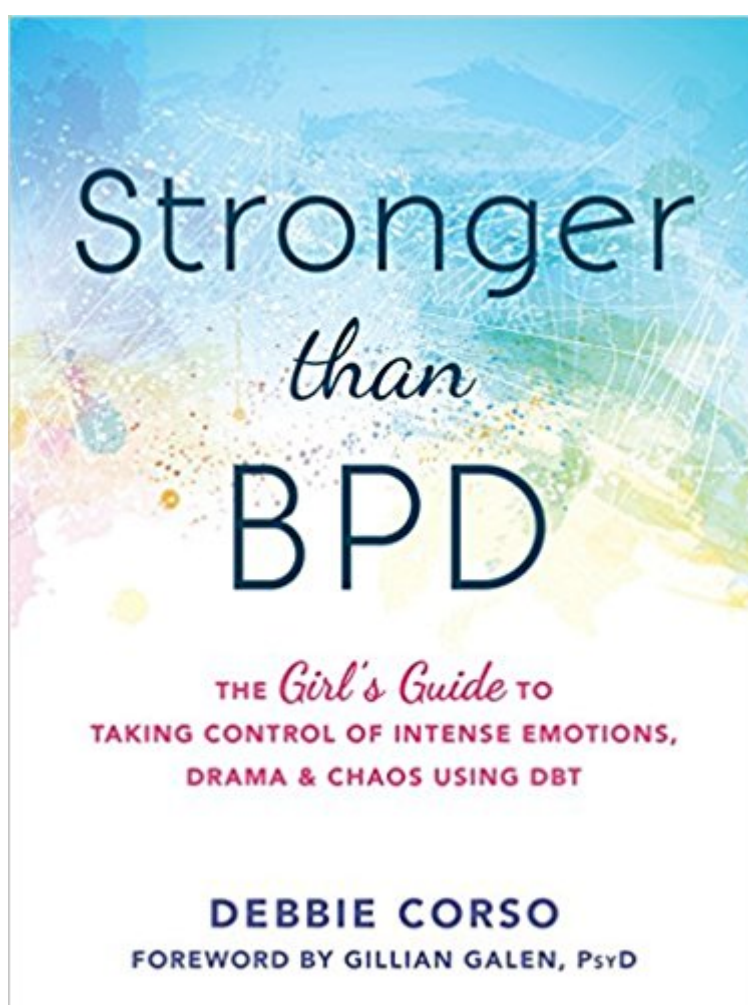


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# Stronger Than BPD: The Girl's Guide To Taking Control Of Intense Emotions, Drama, And Chaos Using DBT



## Synopsis

You are strong! No matter what anyone says, you can heal the symptoms of borderline personality disorder (BPD). In this unique guide, influential BPD advocate and blogger Debbie Corso offers an easy-to-use primer on dialectical behavior therapy (DBT), as well as powerful peer-to-peer support for managing your worst BPD symptoms. If you have BPD, you may experience extreme emotional ups and downs. These intense feelings can make navigating everyday life that much more difficult, and as a result, you may have trouble maintaining relationships, seeing yourself clearly, or reaching career goals. You should know that you are not alone, and that BPD isn't your fault. Most importantly, you need to know that you are strong. With the right tools, you can overcome the symptoms of your BPD—this book will show you how. Written by a BPD survivor and advocate, *Stronger Than BPD* offers practical, evidence-based dialectical behavior therapy (DBT) skills to help you manage the intense emotions and negative self-image that can occur with BPD. This easy-to-use guide helps you apply the fundamental components of DBT—such as mindfulness, distress tolerance, emotion regulation, and interpersonal effectiveness—to everyday situations that can trigger your symptoms. And through personal examples and real-life stories, you'll see how others have put these skills to work in their own lives to get relief. You'll even learn how social media can help you heal! BPD is a part of your life, but it doesn't have to define you. If you are ready to take control of your symptoms using powerful, evidence-based DBT skills, this friendly guide will light the way.

## Book Information

Paperback: 176 pages

Publisher: New Harbinger Publications; 1 edition (April 1, 2017)

Language: English

ISBN-10: 1626254958

ISBN-13: 978-1626254954

Product Dimensions: 5.9 x 0.6 x 7.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 14 customer reviews

Best Sellers Rank: #68,617 in Books (See Top 100 in Books) #72 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#) #104 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #3886 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

## Customer Reviews

“Stronger than BPD feels like a best friend holding my hand while I learn practical tools that really work for managing my emotions.”  
• Tamra Sattler, PhD, MFT, therapist, researcher, and entrepreneur  
“Debbie has written a wise and wonderful book for those who struggle with borderline personality disorder (BPD). Stronger than BPD provides an honest look at recovery while inspiring all of us to be our very best through more skillful living. I’m exceptionally proud to recommend this book to my clients and their family members.”  
• Amanda L. Smith, LMSW, dialectical behavior therapist and treatment consultant, and author of The Dialectical Behavior Therapy Wellness Planner  
“This book offers you a set of skills from someone who has been there. These are not theoretical experiences but instead the help and reflections that come from someone who has been there to those going through real-time struggles. A great addition to the literature.”  
• Blaise Aguirre, MD, medical director at McLean 3East Continuum of Care, assistant professor of psychiatry at Harvard Medical School, and coauthor of Mindfulness for Borderline Personality Disorder  
“Written with the wisdom of one who has both suffered and lived in the solution, Debbie Corso’s Stronger than BPD is a unique and highly accessible guide for those struggling with BPD traits, and the people who support them. Through powerful personal examples and with the clarity of a seasoned professional, Corso teaches the reader, step by step, to apply dialectical behavior therapy (DBT) skills to the storms of emotional turmoil and turbulent relationships. The author’s hard-won success is an inspiration and testament to the power of DBT to heal and create lives truly worth living. Perfect as a stand-alone workbook as well as a complement to clinical support, Stronger than BPD is a remarkable guide that will change lives and bring new understanding to the practice of DBT.”  
• Kiera Van Gelder, MFA, author of the highly acclaimed memoir, The Buddha and the Borderline  
“DBT is touted by thousands of clinicians all over the globe. This book raises the bar because it describes survivors’ lived experience—the most important testimonial of all. Congratulations to Debbie!”  
• Perry D. Hoffman, PhD, president and cofounder of the National Education Alliance for Borderline Personality Disorder (NEA.BPD)

Debbie Corso is a mental health blogging pioneer, courageously chronicling her journey while lighting a torch to provide hope to a severely emotionally wounded community. She has a BS from New York Institute of Technology in Interdisciplinary Studies in English, Communications, and Behavioral Science, as well as a certificate in Early Childhood Development. She is in recovery from borderline personality disorder (BPD). Through hard, consistent work with dialectical behavior

therapy (DBT), she no longer meets the criteria to be considered "Borderline." Her work as an Intake Coordinator and Case Manager at a non-profit organization, working closely with children at risk for abuse and neglect, was the catalyst that propelled her to document and share her powerful journey through her blog and hopeful, encouraging books on overcoming the oppressive symptoms of BPD. She currently co-facilitates online, worldwide psychoeducational DBT skills classes at [emotionallysensitive.com](http://emotionallysensitive.com). She lives in the San Francisco Bay Area. Foreword writer Gillian Galen, PsyD, is instructor of psychology at Harvard Medical School. She is program director and assistant director of training for McLean 3East Intensive Residential Program at the Harvard-affiliated McLean Hospital--a unique residential dialectical behavior therapy (DBT) program for young women exhibiting self-endangering behaviors and borderline personality disorder (BPD) traits. She specializes in adolescent psychotherapy, including DBT. She has a particular interest in using mindfulness and yoga in the treatment of BPD and other psychiatric illnesses. Galen has been a registered yoga instructor since 2008. She is coauthor of *Mindfulness for Borderline Personality Disorder*.

As a multi-year student of Dialectical Behavior Therapy, I can personally attest to the impact of this approach. What I can't do is what Debbie Corso does in this useful guide! She acts as coach, champion, and fellow sufferer as she delves strategically into the various components of DBT - mindfulness, distress tolerance, emotional regulation, and interpersonal effectiveness. Debbie's personalization of the material adds compassion and sensitivity to the subject. She emphasizes practice, commitment, and benefit. Her own experiences coupled with her ability to warmly and clearly convey DBT's modules are profound testaments to the life changing impact of this material.

Awesome, well-written, inspirational book for those suffering from borderline personality disorder or BPD traits. This book was written by someone with lived experience of this disorder and her process of overcoming it. Authentic. Relatable. Powerful. Worth the read.

Wonderful book! My daughter was diagnosed with BPD and I have read nearly every book available in the subject. I found Debbie's book particularly helpful as she is in remission from BPD and knows the difficult road involved for both families and BPD sufferers. She is insightful, warm and insightful. I highly recommend this book to families and those with BPD!!!

Debbie offers a fresh and hopeful perspective for people struggling with and learning from BPD and

emotional sensitivity. As a DBT-trained therapist, these kinds of stories of success and growth are so necessary since the journey with BPD can be so painful and confusing. Debbie's voice, tone, and personal account sheds light and insight into what it's like to put DBT to use and heal from a painful past. This is an important guide for anyone beginning their path using DBT or other healing modalities who is looking for a hopeful and soft place to land.

From the start, I felt that this book goes beyond helping those with BPD. The world we live in is full of stress and chaos. The exercises in Debbie's book have helped me on a daily basis. A great read for the struggles of today!

Debbie Corso has done it again with another book aimed at helping those of us who are emotionally sensitive and are challenged by Borderline Personality Disorder. In the book, Corso writes as if she is your friend on this journey through learning DBT a skill set program that can lead you to a life worth living. DBT is the key and Corso helps you unlock that door. Great job Debbie, thank you!

Easy to understand and very practical exercises for self improvements. The author gave hope to the reader that their lives and relationships would get better if they put in the effort to change. The mindfulness exercises are wonderful!

The struggle is real and Debbie's book is a life saver! Filled with excersizes to help get through life filled with anxiety and stress A++++

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