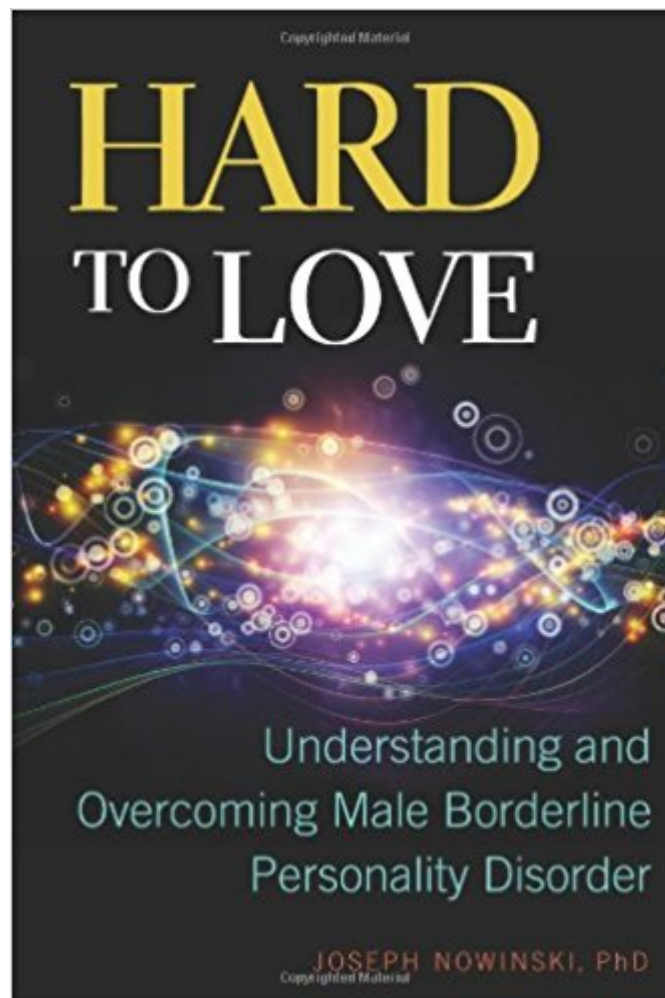




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# Hard To Love: Understanding And Overcoming Male Borderline Personality Disorder



## Synopsis

Borderline Personality Disorder (BPD) in men is often misdiagnosed and typically leads to either no treatment or the wrong treatment. This is the first book to address this under-recognized problem. It contains symptoms and causes, as well as treatment, targeted to men who suffer from BPD. Joseph Nowinski, PhD, is a clinical psychologist in private practice and the author of numerous books. His most recent books include *Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness* and *Almost Alcoholic: Is My (Or My Loved One's) Drinking a Problem?*

## Book Information

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## Customer Reviews

Joseph Nowinski, PhD is a clinical psychologist in private practice. He is the author of numerous books for professionals and the general public. He is the principal author of *Twelve Step Facilitation Therapy*, which is listed in the prestigious National Registry of Evidence-based Programs and Practices. Dr. Nowinski's most recent books include *Saying Goodbye: A Guide to Coping with a Loved One's Terminal Illness* and *Almost Alcoholic: Is My (Or My Loved One's) Drinking a Problem?*

The book is very informative about what male with BPD have gone through and experienced in life. However, like any other book the examples do not contain all forms of challenges these people might face in their relationships. Having been in relationship with a man with BPD, it's not always as doable as the book suggests to overcome those issues by just being aware of it and wanting to

change. The BPD I was in relationship with had many complex behaviors that was often projected on me and made me doubt even my own sanity and cognitive ability at some point. It was very damaging to my self esteem. The amount of patience and self awareness that is needed to deal with these individuals is a bit overlooked in the book I believe. Their emotionally abusive behaviors and manipulation, projection, gas lighting and crazy-making pull and push behaviors of these individuals is not mentioned in the book as I have faced and also read in other books/articles. As much as I think it's a very deep and informative book about MBPD, I personally missed learning about the issues I mentioned above and the ways to deal with them, if any at all. At last, I believe it's a useful book for male with BPD who are aware of it and willing to change and those in relationship with them if the BPD person is not too complex and manipulative and shows deep understanding about their issue and genuine desire to accept and change.

This book was good at identifying the root causes of MBPD, but does not actively go into details on solutions. It also relies heavily on stories that others have gone through, rather than giving general synopses of the symptoms. If you are looking for something quick to read (2-3hrs) and need a brief overview of MBPD, then I would recommend this book. If you are looking for something that has more depth and substance to help guide you through actual dialectical behavior therapy techniques, then I would not recommend this book.

View into the thought patterns of someone living with this. Great source of answers for family and loved ones. Very helpful

Very few resources on this topic and so glad to see it being tackled.

This book is the only one I have found that deals specifically with this disorder in men. It was very helpful in detailing methods for relating to BPD sufferers.

But I think there is the another traits missing. The book treat the "don't leave me trait" of the MBPD: jealousy, needed; but not the "I hate you", when the man turns anger, inaccessible, distrustful and feels invaded, the book does not show how to treat this part.

This book offers a great description of MBPD and tools one can use to address it. This book is spot on!

Excellent !

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