

Download Coping With Bpd Dbt And Cbt Skills To Soothe The Symptoms Of Borderline Personality Disorder

In this much-needed book, two renowned borderline personality disorder (BPD) experts offer simple, easy-to-use skills drawn from dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) to help you address the most common issues of BPD, such as intense feelings of anger, depression, and anxiety. This item: Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder by Blaise Aguirre Paperback £9.35 In stock. Sent from and sold by Amazon. This item: Coping with BPD: DBT and CBT Skills to Soothe the Symptoms of Borderline Personality Disorder by Blaise Aguirre and Gillian Galen Paperback £16.99 In stock. Sent from and sold by Amazon. "In this much-needed book, two renowned borderline personality disorder (BPD) experts offer simple, easy-to-use skills drawn from dialectical behavior therapy (DBT) and cognitive behavior therapy (CBT) to help you address the most common issues of BPD, such as intense feelings of anger, depression, and anxiety.