



## Borderline and Beyond, Revised

*Laura Paxton*

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# **Borderline and Beyond, Revised**

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In this 2007 edition of Borderline and Beyond, Laura Paxton synthesizes over 100 research studies related to borderline personality disorder (BPD.) She presents of the most significant 2006 research studies related to neurology and neurochemistry of BPD. The controversy of whether or not BPD exists as a valid diagnostic entity is presented and thoroughly explored. This book is also the text book for a program of recovery for borderline personality disorder. The new edition contains expanded applications for autism spectrum disorders and attention deficit disorder. Topics include: coping with overwhelming emotions, developmental deficit or delay, developing boundaries and relationship skills. A chart is provided in the appendix which shows similarities and differences between borderline personality disorder and autism spectrum disorders. The new book may be used productively by an expanded population: those diagnosed with BPD and those diagnosed with autism spectrum disorders or ADD. Each topic is presented in a creative manner, using metaphor richly abundant within films, books and folklore. However, the applications are presented concretely enough that a person with high functioning autism or Asperger's Syndrome may easily use this book as a manual. The original metaphorical stories from the 1999 edition are still preserved, due to feedback to the author that they are "much loved." In addition, Laura Paxton's personal story of her journey through diagnosis and recovery through both BPD and ASD are included.

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