



Rough Diamonds: A glimpse into Borderline Personality Disorder

Dolores Mosquera

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The treatment of personality disorders has advanced enormously in recent decades. These disorders have gone from being considered as untreatable problems to an active area of interest in psychology and psychiatry.

Recent new developments geared specifically toward people with personality disorders offer promising perspectives. This book by Dolores Mosquera, which has become a classic in the literature on personality disorders in Spain, has contributed to this changing perspective. Its title poses a revolutionary metaphor for patients and therapists.

People dealing with BPD usually have a mental image of their problem, similar to a maze where they feel lost or something dark and thick from which they have a hard time escaping.

Visualizing a diamond in the rough, knowing that a uniquely bright and solid crystal is hiding inside, offers the reader of this book a new perspective.

Rough Diamonds will help people with BPD understand their problems, become aware of their origins, and understand the potential routes toward different ways of functioning.

This is not a simple compilation of theories, but a genuine attempt to understand how BPD patterns are generated and maintained. The book also outlines the path toward recovery and different treatment possibilities.

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Playing with family in a park, coming to see the sea world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try issue that really opposite from that. Just one activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition info. Even you love Rough Diamonds: A glimpse into Borderline Personality Disorder, it is possible to enjoy both. It is very good combination right, you still wish to miss it? What kind of hang type is it? Oh can occur its mind hangout folks. What? Still don't buy it, oh come on its known as reading friends.

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