

SURVIVING A BORDERLINE PARENT

How to Heal Your Childhood Wounds and Build Trust, Boundaries, and Self-Esteem

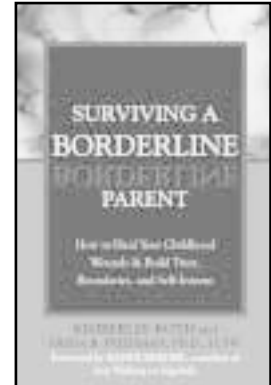
By Kimberlee Roth & Freda B. Friedman, Ph.D., with a Foreword by Randi Kreger

**FOR A REVIEW COPY OR INTERVIEW REQUEST CONTACT:
Earlita Chenault at tel. 510-652-2002, ext. 142,
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FOR IMMEDIATE RELEASE

NEW BOOK HELPS ADULT CHILDREN COME TO
TERMS WITH THE LEGACY OF THEIR PARENTS'
BORDERLINE PERSONALITY DISORDER

**For children of parents with BPD,
childhood can be an emotional,
volatile roller coaster ride**



A child being raised by a parent with Borderline Personality Disorder (BPD) would not find it unusual when their affected parent's mood swings from euphoria to despair in a matter of hours. It comes with the territory and is one of the symptoms of the condition, which afflicts an estimated 4 to 6 million Americans. Other symptoms of the include a shaky sense of identity, sudden violent outbursts, possessiveness, jealousy, fear of rejection, an irrational fear of abandonment, brief, turbulent love affairs, eating disorders, drug abuse, and other self-destructive tendencies. This book is the first to offer adult children of BPD parents all the practical, step-by-step guidance they need to understand and overcome the crippling and lasting effects of being raised by a parent with this disorder.

Authors Freda Friedman, a social worker, and experienced health writer Kimberlee Roth assist readers in understanding their parents' condition, then expertly translate BPD symptoms into an easy-to-understand description of how that behavior is seen through the eyes of a child, and how it may have affected their own emotional development. Readers are then given specific coping strategies to help them come to terms with their history and overcome those issues common to children of borderline parents - such as low self-esteem, lack of trust, perfectionism, and hypersensitivity. The book also includes exercises that assists readers in identifying their own emotions-such as anger or resentment-and helps them to express the feelings in healthy ways.

Finally, SURVIVING A BORDERLINE PARENT helps readers to regain confidence in their abilities, express opinions, trust their intuition, and balance their own needs with those of others.

**SURVIVING A BORDERLINE PARENT, 1-57224-328-7, (paper), \$14.95, 200 pages
New Harbinger Publications, 5674 Shattuck Ave., Oakland, CA 94609
www.newharbinger.com, 800-748-6273**

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S U G G E S T E D I N T E R V I E W Q U E S T I O N S

1. What exactly is Borderline Personality Disorder, or BPD?
2. Why don't we hear as about BPD as we do about other mental disorders such as depression and bipolar disorder (manic depression)?
3. For those of us who don't know, what is it like having a parent with BPD?
4. What's the fallout from having a parent with BPD? What do children take into adulthood with them?
5. How can adult children get over the effects of BPD on their childhood?
6. One hears so many jokes nowadays about "dysfunctional families." It seems like most of us come from some level of dysfunction. What makes a book specifically about families affected by BPD necessary?
7. What resources are available for those who have, or think they have, a parent with BPD?

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A b o u t t h e A u t h o r s

Kimberlee Roth is a health writer and journalist. She has written about Borderline Personality Disorder and topics related to physical and emotional well being for numerous newspapers and magazines, including *The Chicago Tribune*.

Freda Friedman, Ph.D., LCSW, is in private practice and a member of the Phoenix Institute in Chicago, Illinois. For the past twenty years, her primary clinical focus has been with Borderline Personality Disorder, providing treatment, education, support and consultation to people suffering from the disorder, their families and health care professionals working with them. She is on the board of several professional health care organizations and has developed BPD programs in New York and Chicago.

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