



# Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder

*By Paul Mason MS, Randi Kreger*

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**Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder** By Paul Mason MS, Randi Kreger

Do you feel manipulated, controlled, or lied to? Are you the focus of intense, violent, and irrational rages? Do you feel you are 'walking on eggshells' to avoid the next confrontation?

If the answer is 'yes,' someone you care about may have borderline personality disorder (BPD). Stop Walking on Eggshells has already helped nearly half a million people with friends and family members suffering from BPD understand this destructive disorder, set boundaries, and help their loved ones stop relying on dangerous BPD behaviors. This fully revised edition has been updated with the very latest BPD research and includes coping and communication skills you can use to stabilize your relationship with the BPD sufferer in your life. This compassionate guide will enable you to:

- Make sense out of the chaos
- Stand up for yourself and assert your needs
- Defuse arguments and conflicts
- Protect yourself and others from violent behavior

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### Editorial Review

#### Review

"*Stop Walking on Eggshells* makes good on its promise to restore the lives of people in close relationships with someone diagnosed with borderline personality disorder (BPD). It is a rich guide to understanding and coping with the reactions aroused in others by troubling BPD behaviors that negatively impact relationships. Readers will find this book very useful and beneficial."

—Nina W. Brown, EdD, professor and Eminent Scholar at Old Dominion University in Norfolk, VA, author of *Children of the Self-Absorbed*

"This book is the absolute go-to guide for my clients who are dealing with a loved one with borderline personality disorder. Readable and thorough, it strikes a perfect balance of practical advice and emotional sensitivity. This book has helped so many people break through their sense of confusion and isolation by helping them to name, understand, and respond to the difficulties of this complex and misunderstood disorder."

—Daniel E. Mattila, M.Div., LCSW

"This book is urgently needed now that a National Institutes of Health study shows that 6 percent of the general population has borderline personality disorder (BPD). I constantly get requests from families needing resources on BPD, and I recommend *Stop Walking On Eggshells* almost every time. This second edition is really easy to read and packed with even more useful tips for family members in distress."

—Bill Eddy, LCSW, attorney, mediator, clinical social worker, and author of *High Conflict People in Legal Disputes* and *Splitting*

"Amazingly, *Stop Walking On Eggshells* not only teaches readers how to recognize the signs of borderline personality disorder, it also shows how they can make life and relationship decisions based on what they want and need instead of decisions controlled by the illness."

—Julie A. Fast, author of *Loving Someone with Bipolar Disorder*

#### From the Publisher

This book helps the friends and family members of people with borderline personality disorder (BPD) understand the condition, help their loved ones find effective treatment, and stop feeling as though they are walking on eggshells to avoid confrontations with BPD sufferers.

#### About the Author

**Paul T. Mason, MS**, is vice president of clinical services at Wheaton Franciscan Healthcare in Racine, WI. Under his leadership, the mental health and addiction care service line has expanded the number of inpatient services and outpatient programs it provides for patients, family members, and loved ones affected by borderline personality disorder (BPD). His research on BPD has been published in the *Journal of Clinical Psychology* and his written work has appeared in the news and print media.

**Randi Kreger** has brought the concerns of family members who have a loved one with BPD to an international forefront through her website, [www.bpdcentral.com](http://www.bpdcentral.com), and the Welcome to Oz online support community. Through Eggshells Press, she offers family members a wide variety of more specialized booklets and other materials. She was also instrumental in the formation of the Personality Disorders Awareness Network (PDAN), a not-for-profit organization. Kreger is author of *The Stop Walking on Eggshells Workbook* and *The Essential Family Member Guide to Borderline Personality Disorder*. She speaks and gives workshops about BPD internationally.

## **Users Review**

### **From reader reviews:**

#### **Tara Carlson:**

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a wander, shopping, or went to the Mall. How about open or read a book eligible Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder? Maybe it is to become best activity for you. You know beside you can spend your time using your favorite's book, you can smarter than before. Do you agree with the opinion or you have some other opinion?

#### **Yvonne Matz:**

In this 21st one hundred year, people become competitive in each and every way. By being competitive right now, people have do something to make these individuals survives, being in the middle of the actual crowded place and notice by simply surrounding. One thing that sometimes many people have underestimated the item for a while is reading. Yes, by reading a guide your ability to survive enhance then having chance to stay than other is high. For you who want to start reading the book, we give you this Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder book as starter and daily reading e-book. Why, because this book is greater than just a book.

#### **Irma Tijerina:**

A lot of people always spent their own free time to vacation or even go to the outside with them family or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or playing video games all day long. If you want to try to find a new activity here is look different you can read some sort of book. It is really fun to suit your needs. If you enjoy the book which you read you can spent all day every day to reading a e-book. The book Stop Walking on Eggshells: Taking Your Life Back When Someone You Care About Has Borderline Personality Disorder it is very good to read. There are a lot of people who recommended this book. They were enjoying reading this book. Should you did not have enough

space bringing this book you can buy the e-book. You can more effortlessly to read this book out of your smart phone. The price is not very costly but this book offers high quality.

**Christopher Jorge:**

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