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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.

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Stop Walking on Eggshells then goes into current medications and treatment. It says that mindfulness as part of Dialectical Behavior Therapy is very promising. I won't get into the medications here as new drugs and researches come out every year and a few Google searches can provide more updated information.

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Stop Walking on Eggshells Taking Your Life Back When

Stop Walking on Eggshells: Coping When Someone You Care About Has Borderline Personality Disorder is a self-help guide that helps the family members and friends of individuals with borderline personality disorder (BPD) understand this self-destructive disorder and learn what they can do to cope with it and take care of themselves.

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Stop Walking on Eggshells

I walked on SO many eggshells all my life intentionally and non-intentionally. Read the written version here:

<http://www.jendeleon.com/walking-eggshells/>

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