



**by Randi Kreger The Essential Family Guide to
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Techniques to Stop Walking on Eggshells(text
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by Randi Kreger

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For family members of people with borderline personality disorder (BPD), home life is routinely unpredictable and frequently unbearable. Extreme mood swings, impulsive behaviors, and suicidal tendencies -- common conduct among those who suffer from the disorder -- leave family members feeling confused, hurt, and helpless. In her pioneering first book *Stop Walking on Eggshells*, co-authored with Paul T. Mason, Randi Kreger outlined the fundamental differences in the way that people with borderline personality disorder (BPD) relate to the world. Now, with *The Essential Family Guide to Borderline Personality Disorder*, she takes readers to the next level, giving them straightforward tools to get off the emotional roller coaster and repair relationships with loved ones with BPD. Kreger answers the questions family members most want to ask about: the symptoms and treatment of BPD, including why BPD is so misdiagnosed; how symptoms can differ by age and gender; and how addiction and other disorders complicate BPD. She then outlines how families can set boundaries and communicate differently in order to help themselves and their loved ones cope with this bewildering form of mental illness.

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