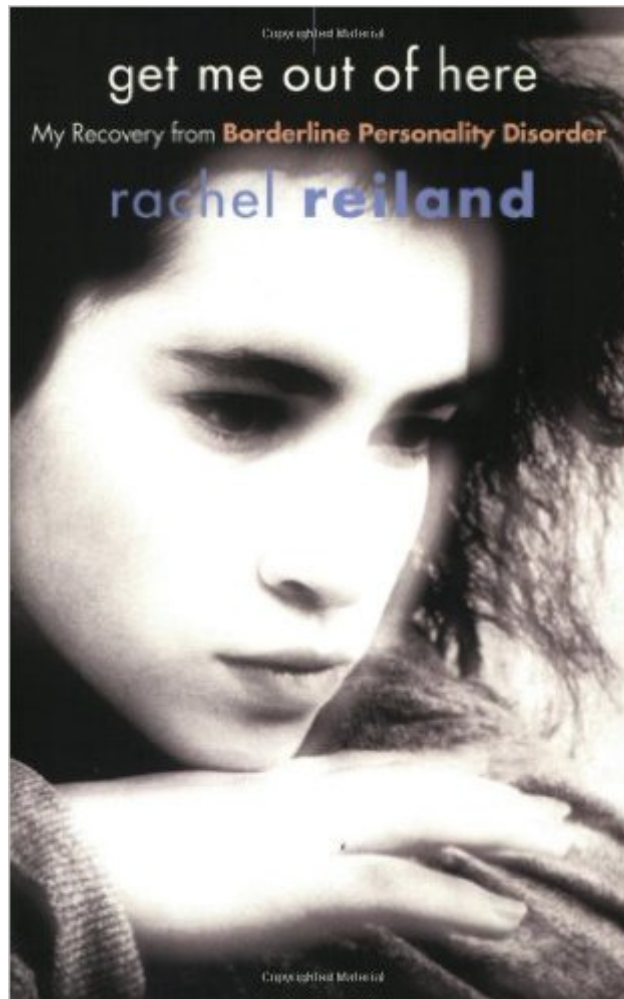


The book was found

Get Me Out Of Here: My Recovery From Borderline Personality Disorder



Synopsis

With astonishing honesty, this memoir, *Get Me Out of Here*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. A mother, wife, and working professional, Reiland was diagnosed with borderline personality disorder at the age of 29--a diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity. A truly riveting read with a hopeful message. Excerpt: "My hidden secrets were not well-concealed. The psychological profile had been right as had the books on BPD. I was manipulative, desperately clinging and prone to tantrums, explosiveness, and frantic acts of desperation when I did not feel the intimacy connection was strong enough. The tough chick loner act of self-reliance was a complete facade."

Book Information

Paperback: 464 pages

Publisher: Hazelden; 1 edition (August 4, 2004)

Language: English

ISBN-10: 1592850995

ISBN-13: 978-1592850990

Product Dimensions: 5.1 x 1.2 x 7.8 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (242 customer reviews)

Best Sellers Rank: #19,996 in Books (See Top 100 in Books) #30 in [Books > Health, Fitness & Dieting > Mental Health > Personality Disorders](#) #49 in [Books > Health, Fitness & Dieting > Mental Health > Mood Disorders](#) #81 in [Books > Health, Fitness & Dieting > Psychology & Counseling > Pathologies](#)

Customer Reviews

Rachel Reiland's deep, unflinching account of her psychotherapeutic journey from borderline personality disorder and anorexia to the wholeness that lay ahead is an absolute must-read for those with BPD and their loved ones. While Dialectical Behavioral Therapy and other Cognitive Behavioral Therapy programs (generally touted as the most effective means of treating BPD) approach BPD symptomatically, Reiland's first person observations of healing BPD from the inside out give amazing insight into the fundamental developmental rift that creates "borderline behavior" -- an unmistakable inner rift that those with BPD will resonate strongly with as they read Rachel's

book. As well written as it is honest, this book stands alone in the body of BPD literature in its earnest and encouraging presentation of recovery from Borderline Personality Disorder and the recovery process. While most may not be able to afford the therapy that Rachel was privileged enough to undergo (three sessions per week with her psychiatrist for the first two years or so), the insights gained into the illness and the healing process will undoubtedly benefit those with BPD who are ready to recover. **If you are under the care of a therapist, I would recommend asking or apprising your therapist before you begin reading, as some of the content may trigger emotional reactions. **If you have a loved one suffering from BPD, this book will give you a glimpse of how deep BPD truly is, and how much hope there is if your loved one truly wants to be healed. Visit [...] or [...] for more information on Borderline Personality Disorder. Also recommended (and available here) are Linehan's Skills Training Manual for Treating Borderline Personality Disorder and Mason & Kreger's Stop Walking On Eggshells.

I had been looking for the perfect book to read to help me with my ever increasing struggles with borderline personality. I had read the "self help" books and the books that tell the symptoms accurately, and in depth, but what I wanted this time was a book written by someone like me, in hopes of feeling less alone. When I was reading the reviews for this book, I found many of them that said the book was "inspirational" and everything like that, and then I read reviews that said it was "simplistic" and "reiterated points over and over", and I wasn't sure if I should even bother. After getting the book for free, I decided there was no reason not to at least read it. The book starts off as described by negative reviews: simplistic. Symptoms of borderline that everyone with borderline sees in themselves were laid out in plain language and not presented in any way that can't be found in the vast "self help" books. At this point, I started to become disappointed and afraid that the book was going to be a waste of time. As the book progresses, Rachel becomes worse, she finds herself, although in recovery, lashing out in ways she never imagined and hurting everyone around her. There were times that I read the book and I found myself hating her, and worse, I hated myself. And then, as Rachel finds herself becoming sucked in to the depths of her disorder, and getting out of control, layers and layers of broken coping mechanisms that had appeared nothing more than abusive, manipulative and selfish reveal the true nature of the borderline personality: never ending fear of being forever alone and unlovable.

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