



## Understanding your Borderline Personality Disorder: A Workbook

Chris Healy

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### **Understanding your Borderline Personality Disorder: A** Workbook

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#### Understanding your Borderline Personality Disorder: A Workbook Chris Healy

A psychotherapeutic workbook that clinicians can use with those newly diagnosed with borderline personality disorder to provide basic information about the disorder and to suggest ways for clients to manage the disorder.



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