

Lost in the Mirror: An Inside Look at Borderline Personality Disorder


By Richard Moskowitz

 Download

 Read Online

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskowitz

Explores the frightening world of Bpd patients and helps readers understand their pain.

 [Download Lost in the Mirror: An Inside Look at Borderline P ...pdf](#)

 [Read Online Lost in the Mirror: An Inside Look at Borderline ...pdf](#)

Lost in the Mirror: An Inside Look at Borderline Personality Disorder

By Richard Moskowitz

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskowitz

Explores the frightening world of Bpd patients and helps readers understand their pain.

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskowitz **Bibliography**

- Sales Rank: #61920 in Books
- Brand: Brand: Taylor Trade Publishing
- Published on: 2001-03-01
- Released on: 2001-03-01
- Original language: English
- Number of items: 1
- Dimensions: 9.12" h x .56" w x 6.08" l, .81 pounds
- Binding: Paperback
- 224 pages

 [Download Lost in the Mirror: An Inside Look at Borderline P ...pdf](#)

 [Read Online Lost in the Mirror: An Inside Look at Borderline ...pdf](#)

Download and Read Free Online Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskowitz

Editorial Review

Review

This is a book where empathic insights, clinical wisdom and therapeutic optimism will usefully inform anyone who is interested in understanding BPD patients. This book . . . is distinguished by a dedicated effort to convey vividly and understand a great deal about people with the disorder. Readers will be rewarded with welcomed appreciation. (Tina Beychok *Psychiatric Times*)

Moskovitz is especially adept with analogies, using everyday situations to clarify his points rather than just adorn the text. He imparts that while there is no drug just for BPD, some drugs help with specific symptoms, and he dispenses practical advice to family and professionals as well as patients. (*Booklist*)

Moskovitz offers a coherent picture of this disorder as a distinct syndrome...the author conveys, in a very empathetic and touching way, his understanding of what it feels like to be borderline. (Meir Winokur *The Jerusalem Post*)

Mention the word "borderline" and you're sure to see smiles fade and demeanors bristle. *Lost in the Mirror* [is] an excellent field guide into the exploration of this mysterious condition. Moskowitz views borderline personality disorder as being rooted in past trauma and closely linked to dissociation disorders. Together, the therapist and the patient embark on the task of discovering and sorting through these memories, piecing them together to form a sensible whole. (Chris Dunn, PhD *Professional Counselor*)

From the Author

Lost in the Mirror peers into a black and white world of extreme emotions and turbulent relationships. The inhabitants of this world experience their lives from moment to moment, grasping for shreds of identity to connect each fragment of experience to the next. Because they have little awareness of the texture and flow of human emotions, painful emotions, such as loneliness and fear, may seem endless and intolerable. Their need to escape this pain leads to desperate, impulsive, and frequently self-defeating behaviors.

Lost in the Mirror explores the origins of Borderline Personality Disorder and offers its sufferers a framework for beginning to heal. While the first edition focused on the dynamics of the psychotherapeutic relationship that underlies all good treatment, this edition elaborates on the kinds of psychotherapy that are practiced today. It describes mainstream approaches, such as psychoanalytic psychotherapy, cognitive therapy, and behavior therapy, as well as innovative treatments, such as Eye Movement Desensitization and Reprocessing (EMDR) and Dialectical Behavior Therapy (DBT).

EMDR, a technique for neutralizing the emotional impact of traumatic events, has infused my own practice of psychotherapy with new vitality and has expanded my understanding of the connections between past experiences and current emotions and behavior. DBT, a comprehensive treatment approach designed specifically for patients with BPD, offers to restore balance to a world of extremes and to help patients learn to regulate emotions and control self-destructive impulses.

For those of you who are new to *Lost in the Mirror*, I welcome you to learn about what it feels like to live with this painful condition. For those who have returned to learn more, I invite you to explore the most recent innovations in pharmacological and psychotherapeutic treatments and to explore the abundant resources now available for continuing your education about Borderline Personality Disorder.

About the Author

Dr. Richard A. Moskowitz earned both his undergraduate degree and his M.D. at Harvard University. After psychiatric residency at The University of North Carolina at Chapel Hill and eight years on the University of Florida College of Medicine faculty where he was Associate Professor, he has spent the past sixteen years in private practice. Dr. Moskowitz has appeared on Prime Time Live and on A&E's The Unexplained. Lost in the Mirror grew out of his passion for teaching and years of clinical experience with patients with BPD.

Users Review

From reader reviews:

Margaret Williams:

The book with title Lost in the Mirror: An Inside Look at Borderline Personality Disorder has a lot of information that you can study it. You can get a lot of help after read this book. This specific book exist new knowledge the information that exist in this publication represented the condition of the world today. That is important to yo7u to know how the improvement of the world. That book will bring you in new era of the glowbal growth. You can read the e-book on your own smart phone, so you can read it anywhere you want.

Stephanie Sellers:

Reading a book to get new life style in this yr; every people loves to learn a book. When you go through a book you can get a great deal of benefit. When you read guides, you can improve your knowledge, since book has a lot of information on it. The information that you will get depend on what types of book that you have read. If you want to get information about your research, you can read education books, but if you want to entertain yourself read a fiction books, these us novel, comics, as well as soon. The Lost in the Mirror: An Inside Look at Borderline Personality Disorder provide you with new experience in reading a book.

Sunday Richey:

Is it an individual who having spare time after that spend it whole day simply by watching television programs or just telling lies on the bed? Do you need something totally new? This Lost in the Mirror: An Inside Look at Borderline Personality Disorder can be the response, oh how comes? A book you know. You are thus out of date, spending your spare time by reading in this brand new era is common not a nerd activity. So what these guides have than the others?

Wade Diaz:

What is your hobby? Have you heard in which question when you got college students? We believe that that question was given by teacher with their students. Many kinds of hobby, Every person has different hobby. And you also know that little person similar to reading or as reading through become their hobby. You have to know that reading is very important as well as book as to be the factor. Book is important thing to increase you knowledge, except your personal teacher or lecturer. You will find good news or update regarding something by book. Many kinds of books that can you go onto be your object. One of them is niagra Lost in the Mirror: An Inside Look at Borderline Personality Disorder.

**Download and Read Online Lost in the Mirror: An Inside Look at
Borderline Personality Disorder By Richard Moskowitz
#84KN5T0BEP1**

Read Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz for online ebook

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz books to read online.

Online Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz ebook PDF download

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz Doc

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz Mobipocket

Lost in the Mirror: An Inside Look at Borderline Personality Disorder By Richard Moskovitz EPub