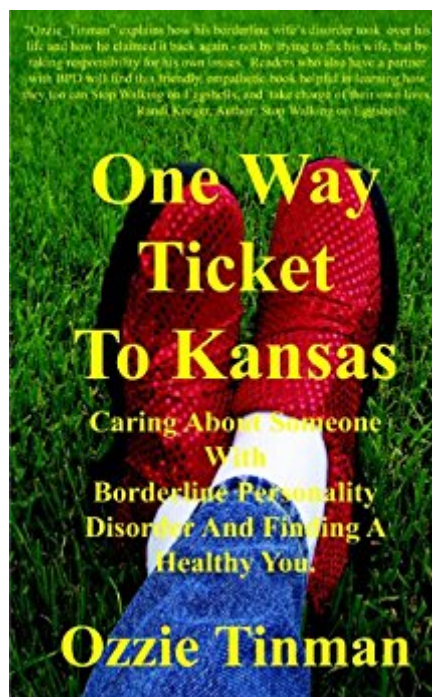




The book was found

One Way Ticket To Kansas Caring About Someone With Borderline Personality Disorder And Finding A Healthy You



Synopsis

One Way Ticket To Kansas is a book intended to help individuals that care about or are recovering from a relationship with someone with Borderline Personality Disorder. The book is written from the perspective of a spouse of a woman diagnosed with BPD, and explains the mental and physical toll the disorder takes on those around the person with BPD. One Way Ticket To Kansas is unique in that it addresses the needs of the reader and explains in layman's terms what BPD is, the behaviors that are associated with the illness, the severe impact it has on those that care about the person with BPD and ways the disorder has affected the readers perceptions. It explains the importance of the reader taking control back of their own reality and being responsible for their own happiness. One Way Ticket To Kansas has received the endorsement of top BPD help groups such as YBRT.org, Sacramento Psychology, BPDfamily.com, Children's Mercy Hospital and was given Book of the Month honors on the YBRT.org website. In addition, One Way Ticket has received the endorsements of BPD experts such as Kathi Stringer, Randi Kreger and Judy Speak.

Book Information

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Customer Reviews

This is an incredible book and articulates extremely well a difficult disorder some people might be facing with a loved one. Personally it provided clarity and insight into this disorder in a way that hit very close to home. I would highly recommend anyone who is dealing with BPD or suspects the presence of BPD in their relationships to read this book.

This is a very helpful and well written book if you are dealing with someone who has this disorder. It is written in a very user friendly style. You have to get past the kind of goofy labeling, but he does it to help you understand the "characters" in the drama that is your life if you are dealing with this condition.

Great book. Will be very helpful for recovering non boederline's specially the Ozzie Stinking Thinking section. Loved the ending phrase: Kansas is about Ozzie's state of mind.

Enjoyed the book, very easy read, and great suggestions. I would recommend to anyone living with a BPD, and trying to cope!

Needed to read this good for anyone going thru this kind of thing would recommend the book to anyone well done

While there may be some formatting issues and some out of date website information, I found this book to be helpful. It explained some things in layman's terms that I suspected based on my own experiences with my BPD family members but didn't know we're symptoms of the disorder. It also helped me to understand that some of the things I thought I experienced did actually happen and weren't figments of my imagination like my BPD would like me to believe.

This a very useful book for anyone dealing with a family member who has or is suspected of having BPD. I have to admit I was very much in denial about my husband having BP. He is such a Great man in so many ways I thought it had to be me. I believed him that I was crazy. Now I understand that is all part of how BPD works. This book opened my eyes to how similar the experience of Ozzies are. I was surprised but comforted by that. I am not alone. I may have my own issues I need to work on but at least now I can focus on the real me not the one from Oz. I am going to make it to Kansas now. Thank you Ozzie Tinman

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