



# Life at the Border - Understanding and Recovering from the Borderline Personality Disorder

*Leland M. Heller M.D.*

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**Life at the Border - Understanding and Recovering from the Borderline Personality Disorder** Leland M. Heller M.D.

Explains for the layman - with or without the BPD - what it's like to live with the borderline personality disorder, and how to recover. Includes explanations of biology, medications, therapy, and other diagnoses. An extensive bibliography and glossary are included. Life at the Border was placed on the recommended reading list by the National Institute of Mental Health and is a reference book at NIMH.

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