

New In July 2010

The Buddha & the Borderline

My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating
by Kiera Van Gelder

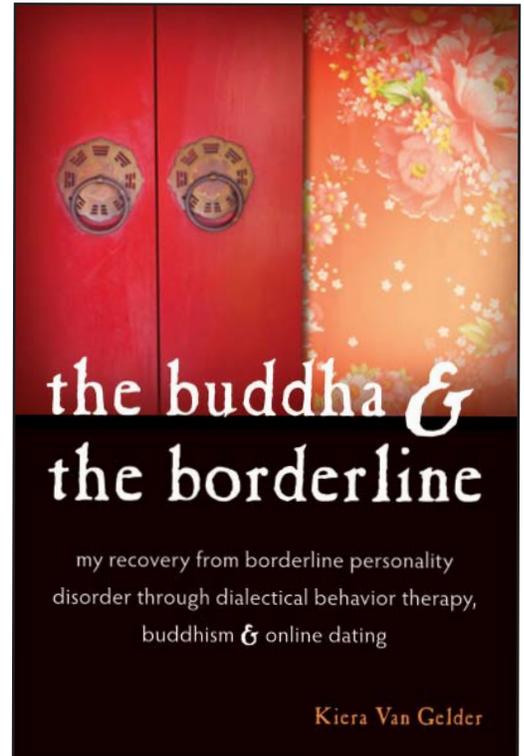
Borderline personality disorder (BPD) affects more than ten million Americans, yet the disorder is still shrouded in mystery and stigma. Only recently have treatments like dialectical behavior therapy (DBT) been developed for this "incurable" condition that causes chaotic and unstable moods, self-injury and/or suicide attempts, and reckless, impulsive behavior.

In the fascinating memoir *The Buddha and the Borderline*, Kiera Van Gelder chronicles her struggles and eventual recovery from BPD after twenty years of receiving numerous other diagnoses and ineffective treatments. Kiera offers an intimate look into her arduous struggle to gain control over her emotions and reclaim her life through DBT, cognitive behavior therapy (CBT) and Buddhism.

Now an international advocate and educator, Kiera reveals how the combination of education, support, treatment, and spirituality taught her to transform such BPD symptoms as self-destruction, self-hatred, and anger into a compassionate kinship with all human beings. The reader will come away not only with an understanding of what recovery involves, but with the belief that recovery is possible for anyone willing to learn and grow.

About the Author

Kiera Van Gelder, MFA, is an artist, educator, and writer diagnosed with borderline personality disorder. An international speaker and advocate, she is featured in the documentary *Back from the Edge: Living With and Recovering From Borderline Personality Disorder*. She currently lives in Massachusetts at a Buddhist meditation center in the Boston area.



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My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating
by Kiera Van Gelder, Published in July 2010
New Harbinger Publications, \$16.95, Trade paperback, 6 x 9, 224 pages, ISBN-13: 978-1-57224-7109
800-748-6273 www.newharbinger.com