



# Struggling Striving Surviving: Living with Borderline Personality Disorder

*Dr. Jenny Tohotoa*

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# Struggling Striving Surviving: Living with Borderline Personality Disorder

*Dr. Jenny Tohotoa*

## **Struggling Striving Surviving: Living with Borderline Personality Disorder** Dr. Jenny Tohotoa

This book is dedicated to all those people who struggle with childhood abuse and betrayal and who continue to strive for autonomy. The book was written for health professionals, people diagnosed with a borderline personality disorder and for anyone who lives with or cares for someone with borderline personality disorder. It was written to enlighten health professionals and the general public to the "lived" experience of borderline personality disorder. It is a reminder of the incredible strength and persistence people can muster in their struggle to survive. It was also written to emphasise the need for greater empathy and sensitivity for people who have survived childhood abuse and betrayal.

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