



I'm OK, You're Not OK: Experiences of Having a Loved One with a Personality Disorder

Dr. Linda S. Budd

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Does it ever feel like someone in your family drains you dry? Does it feel like no matter what you do, or how much, it will never be right or enough? Whether the person is your parent, child, spouse, or sibling, this priceless new guide by Linda S. Budd, PhD, will help to find ways to break the cycle you're currently in. This groundbreaking new book discusses what it's like to have a loved one with a personality disorder and enlightens us to the games that those with such disorders play. Although they think it's for survival, oftentimes, sufferers of personality disorders utilize triangulation, projection, and "no talk" that can quickly become part of a family system and impact everyone involved. Providing valuable insight into what it's like to be involved with someone who suffers from a personality disorder, this thoughtful guide outlines the lessons learned regarding denial, change, and hope. Offering helpful advice and meaningful guidance, Budd will help change detrimental behaviors to make your family's lives exponentially better. *I'm OK, You're Not OK: Experiences of Having a Loved One with a Personality Disorder* is an easily understandable guide to identifying and relating to loved ones with personality disorders. Recognizing the challenges involved, Budd aids readers in distinguishing problems while sharing the expertise and experience of hard-fought lessons learned. An extraordinarily helpful tool, this wonderful book offers insight into how every family member is affected and how each can learn to handle loved ones with personality disorders. The first book of its kind to discuss the topic from the perspective of each family member, from siblings, parents of adult children, children, partners, and spouses, *I'm OK, You're Not OK* is a revolutionary tool for facilitating education and awareness on personality disorders within the family. Easy to read and incredibly educational, this is a must-own book for anyone whose loved one suffers from a personality disorder. Budd is a licensed psychologist, marriage and family therapist, and registered play therapist. In private practice for over thirty-five years, she has watched many clients become happy, healthy adults and parents. She is the author of the highly successful *Living with the Active Alert Child* and the recently released *The Journey of Parenting: Helping Your Child Become a Competent, Caring, Contributing Adult*. A well-known speaker in the parenting field, Budd has given hundreds of speeches throughout the country to a variety of professional associations, parent-teacher associations, and early childhood education groups, among countless others. She has been a contributing writer for the Family Information Network for over ten years, has appeared numerous times on television and radio, and has been heavily featured in a wide assortment of nationwide magazines and newspapers. Budd is an adjunct professor in Family Social Science at the University of Minnesota.

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