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"Thirty seconds of pure awareness is a long time, especially after a lifetime of escaping yourself at all costs." — Kiera Van Gelder, The Buddha and the Borderline: My Recovery from Borderline Personality Disorder through Dialectical Behavior Therapy, Buddhism, and Online Dating

The Buddha and the Borderline Quotes by Kiera Van Gelder

I read this book in late 2010 The Buddha and the borderline - this is a 5 year piece of time, where she remembers the past to portray her problems, but it is mainly in the present. She uses humour occasionally and she shows her two main relationships together with a never

ending list of therapies, including counselling with her mother, AA therapy, internal family systems, dialectical therapy and buddism.

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