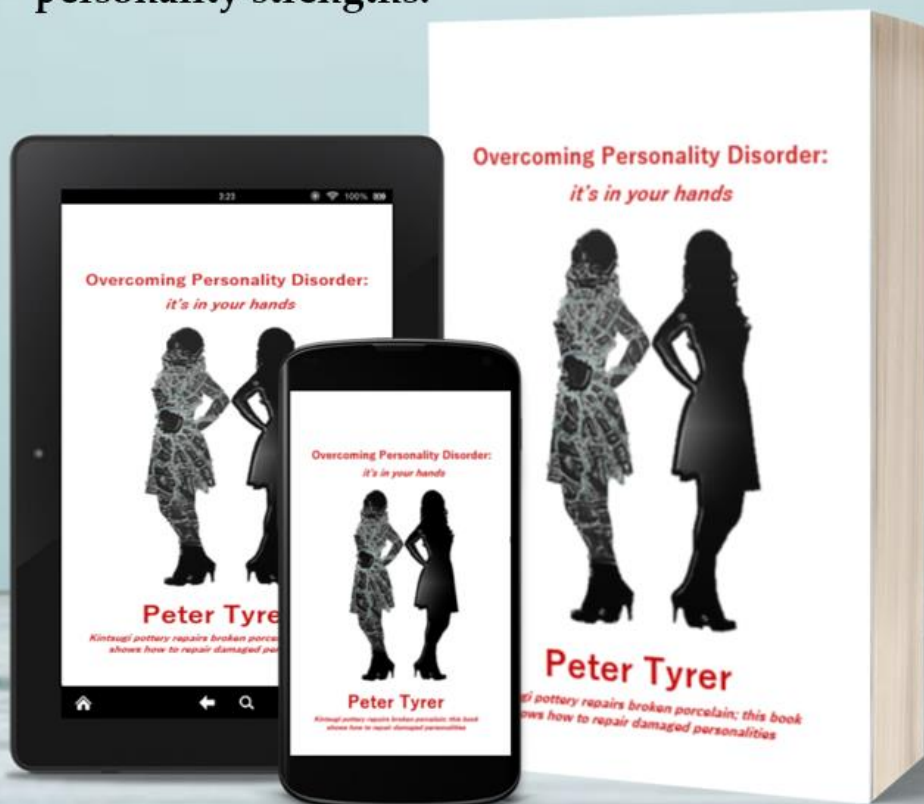


# Overcoming Personality Disorder: *it's in your hands*

by **Peter Tyrer**

A book to recommend to all those patients who are concerned about the label of personality disorder, or even the label of personality difficulty. It shows we are all on a single spectrum of personality disturbance, about which we should never be ashamed or stigmatized, and that there are ways of reducing its negative aspects and promoting personality strengths.



**Overcoming Personality Disorder:**  
*it's in your hands*



**Peter Tyrer**

Kintsugi pottery repairs broken porcelain; this book repairs damaged personalities