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## Sarah Woods Is Unborderline (Paperback)

By Monica Ashtyn Agius

Balboa Press, 2018. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The path from a place of isolation, loneliness, and sadness to a place of happiness, self-fulfillment, confidence, and self-love wasnt an easy one for Sarah Woods. In this captivating autobiographical fiction, we read of the self-discoveries Sarah made to recover from borderline personality disorder (BPD). Sarah tells the story of how she scrutinized her beliefs, upbringing, and behaviors pulling them apart and starting all over again to build a healthy, well-rounded, and grounded human being. Throughout the book, we get a taste of Sarahs childhood, dating, parenting, and therapy experiences; the discoveries she made about herself; and her strategies for building healthy relationships with BPD.



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