



# **The Mindfulness Solution for Intense Emotions: Take Control of Borderline Personality Disorder with DBT**

*Cedar R. Koons*

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***The Mindfulness Solution for Intense Emotions* offers breakthrough, new mindfulness skills and exercises drawn from dialectical behavior therapy (DBT) to help you move past harmful emotions.**

If you suffer from intense emotions, you are not alone. Millions of Americans are diagnosed with emotion regulation disorders, such as borderline personality disorder (BPD) and other comorbid conditions like post-traumatic stress disorder (PTSD), and severe depression. Developed by Marsha Linehan, DBT is a clinically proven, evidence-based treatment for intense emotions that can help you start feeling better right away. This is the first consumer-friendly book to offer Linehan's new mindfulness skills to help you take control of your emotions, once and for all.

In this book, you'll learn seven powerful skills that highlight the unique connection between mindfulness and emotion regulation. Each skill is designed to help you find focus in the present moment, reduce impulsive behavior, and increase a sense of connection to your true self, even during times of extreme stress or difficulty.

You *can* feel calmer, more grounded, and centered. If you're ready, the mindfulness practices in this book will help you move away from a chaotic, emotion-driven life and cultivate a focused, intentional one.

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