



Chasing Butterflies: The Ultimate Guide to Surviving Borderline Personality Disorder

Amber Zufelt

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Chasing Butterflies is a book designed to educate and empower those suffering from Borderline Personality Disorder and their families. This book also comes highly recommended for anyone suffering any type of Anxiety Disorder. You will be given powerful coping skills and other tools you can use to take control of your life once again.

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