



Wounded Personalities: A Practical Guide to Understanding Personality Disorders

G. Pacana

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"It is easier to build strong children than to repair broken men." ? Frederick Douglass

This book focuses on an area in abnormal psychology known as "personality disorders." In both psychology and psychiatry, personality disorders are a special kind of mental health condition. This book takes a sensitive thoughtful approach to the subject of personality disorders.

This book is intended to help the nonprofessional to understand the complexities of several of the major personality disorders, and in particular borderline personality disorder.

After reading this book, it is my sincere hope that the reader will walk away with a genuine understanding of borderline personality disorder, narcissistic personality disorder, avoidant personality disorder, schizoid personality disorder, and codependent personality. It is also my hope that for those individuals who suffer with these particular disorders this book might be a possible first step in the "healing process."

Despite what conventional psychiatry suggests about the long-term prognosis for these disorders some degree of healing is always possible in determined individuals

In addition, while many will argue the precise cause of personality disorders, the connection between childhood neglect/abuse and later developing a wounded or damaged personality seems undeniable.

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