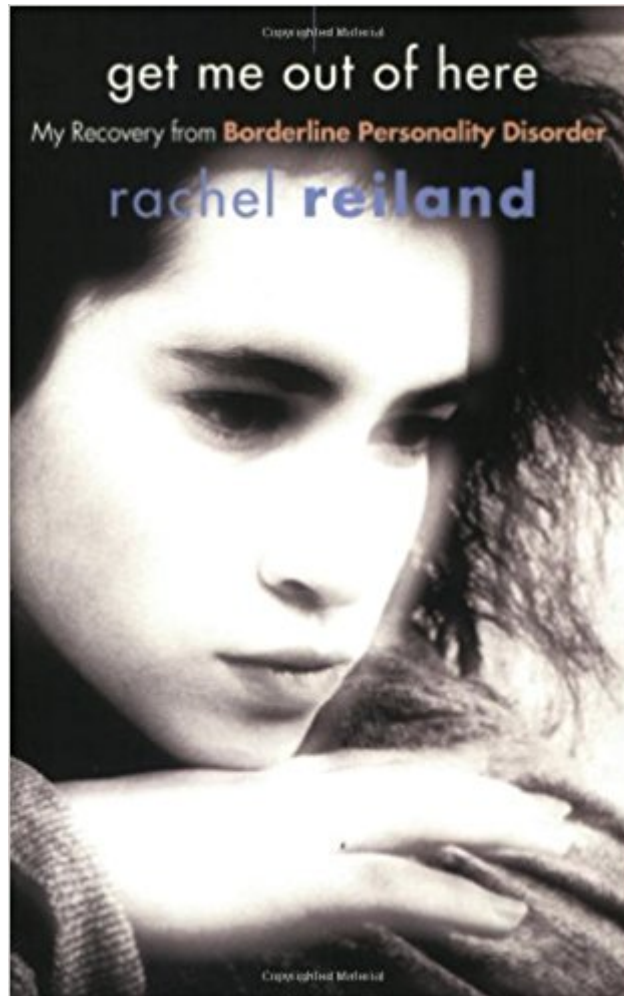




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Get Me Out Of Here: My Recovery From Borderline Personality Disorder



Synopsis

With astonishing honesty, this memoir reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. With astonishing honesty, this memoir, *Get Me Out of Here*, reveals what mental illness looks and feels like from the inside, and how healing from borderline personality disorder is possible through intensive therapy and the support of loved ones. A mother, wife, and working professional, Reiland was diagnosed with borderline personality disorder at the age of 29--a diagnosis that finally explained her explosive anger, manipulative behaviors, and self-destructive episodes including bouts of anorexia, substance abuse, and promiscuity. A truly riveting read with a hopeful message. Excerpt: "My hidden secrets were not well-concealed. The psychological profile had been right as had the books on BPD. I was manipulative, desperately clinging and prone to tantrums, explosiveness, and frantic acts of desperation when I did not feel the intimacy connection was strong enough. The tough chick loner act of self-reliance was a complete facade."

Book Information

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Customer Reviews

Touted as the only book of its kind, this is a firsthand account of Borderline Personality Disorder (BPD). An accountant and mother of three, Reiland (a pseudonym) tells the poignant story of her life, which included all-too-familiar episodes of anorexia, promiscuity, impulsiveness, suicide attempts, institutionalization in a mental hospital, and often unrelenting, anger-intensive, violent, and unpredictable behavior. This is not intended as a text for treatment but a story of how one person

lived with and overcame an affliction that many professionals view as untreatable. What results is a gripping, fast-paced narrative that's often hard to put down and will no doubt inspire sufferers and caretakers to march on. It is a story based on stark reality and hope, much like Steve Hamilton's *I Want My Life Back*. Recommended for all public and academic libraries as a complement to treatment guides like Jerold J. Kreisman and Hal Straus's *I Hate You, Don't Leave Me*. Melody Ballard, Washoe Cty. Lib. Syst., Reno Copyright 2004 Reed Business Information. (Library Journal)

Rachel Reiland is a wife, mother of three, accountant, and writer living in the Midwest. Through a combination of psychotherapy and spirituality, she has managed to overcome anorexia and borderline personality disorder, a shadowy and often misunderstood form of mental illness.

Excellent resource to anyone who is borderline and wants to control behavior and the friends and family no you are not crazy your are in the carnival of roller coasters and forced to ride got two bus great service

I loved this book! The author shows very clearly the positive results of her therapy. Much of the book is either what actually took place in the therapist's office, or how what took place in the therapist's office played out in her life. It was amazing insight! Thanks, Rachel Reiland for your candid account!!!!

I am on a memoir kick these days and I keep seeing reviewers make statements that they don't want to read "self indulgent" memoirs...aren't all of them going to be somewhat "self indulgent" as the author is writing about themselves? Anyway, this book is intimate and moving. I had always heard that medical professionals dreaded dealing with Borderlines and that there was no real hope for recovery but Rachel Reiland gives hope to those suffering. I agree with another reviewer that her relationship (at least her perception of it) was kind of strange but it worked for her. I think anyone with an interest in psychology would get a lot out of this book and I highly recommend it. She makes many deep points about religion, childhood, sexuality, mental disorders, substance abuse, and eating disorders.

I usually can't read a book this long but I never stopped reading it even if it took awhile. It was a very good book about how this therapist helped her giving her a bond and love that she needed to help her recover

This was an intense read! I was diagnosed with BPD about 4 years ago and I'm just now seeking treatment. This book has provided me with a hope I didn't have before! It also helps to hear of someone else's story, and relate it to your own. Reads like a novel and is a serious page turner! I couldn't put it down! Thank you for having the courage to write this book. It has provided a light at the end of a tunnel that I didn't think would ever end!

I would like to get away from the mental health angle in my review: What struck me most when I received the book (which I then devoured in one sitting), was what an extremely well-written example of autobiography it is. Reiland would deserve many more accolades simply as a writer - it seems that limiting her reach to the BPD community is a subtle form of disability discrimination in its own right, in that a hugely talented writer remains somewhat ghetto-ized by her subject matter. If she had published the exact same book and declared it "fiction", it would probably have won a string of prizes by now. A deeply engaging story of triumph over adversity, and deserving of a wide readership.

I very much enjoyed "Rachel's" account of her life and recovery; I found I couldn't put the book down. She does a good job explaining the feelings and thought patterns behind her "crazy" behaviors. The book flows very well, too. There aren't any huge gaps without some kind of transitional explanation. I've noticed in some other borderline memoirs, there can be huge jumps, as if the book were simply a collection of short stories of the author's life. I would recommend this book to anyone interested in Borderline Personality Disorder or psychology in general--probably at least 14-16 years old, though, as there is swearing and dealings with sexuality. I only wish the author had not masked her psychiatrist's identity. He seems no stranger to Borderline Personality Disorder, and I find myself in need of consultation for it. It seems difficult to locate professionals who are very familiar with it.

I bought this on the strength of the other very favourable reviews, seeking to understand more about the condition which my wife has suffered from, seemingly for some years now. As soon as I started reading there were so many similarities between Rachel's story in the book and my wife's story that I was desperate to get to the end of the book as I knew it had a happy ending. Although this is just one woman's story there will be something in this book for anyone who suffers from BPD or the people who love them and wants the inside story. One word of caution - leave the psychiatry to the

experts, my wife did not appreciate me telling her that her inner child was acting out.

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