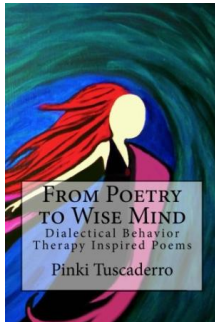


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## FROM POETRY TO WISE MIND (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English. Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This collection of original poems explores mindfulness and dialectical behavior therapy skills practice from the perspective of a client who has borderline personality disorder (BPD) and a passion for creative writing. Each poem touches upon personal experiences that touch upon topics such as distress tolerance, emotional expression, radical acceptance, self-validation, and more.

### Read PDF From Poetry to Wise Mind (Paperback)

- Authored by Pinki Tuscadero
- Released at 2016



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