



# Crossing The Borderline: Inside a therapeutic community

*Polly Fielding*

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## **Crossing The Borderline: Inside a therapeutic community** Polly Fielding

Mental illness carries an enormous stigma. And yet, none of us is immune to it. We talk freely and readily about physical ill health, but far less so when it comes to mental health problems. A sufferer can feel intense loneliness, whilst trying to cope with powerfully negative emotions. Polly had to fight for years to get the appropriate help for her severe emotional problems, almost dying, before the NHS mental health system decided to give her appropriate treatment. She writes with openness and honesty about her day-to-day, experiences in therapy and provides an insight into how she gradually developed an understanding of and ability to use a variety of skills, principally - mindfulness - to enable her to cope more constructively with life and relationships. This book will bring hope to those who feel abandoned, and alone with the daily torture of their mental suffering. And greater understanding to anyone who wants to know more about how to help them.

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