



Millie the Cat has Borderline Personality Disorder (What Mental Disorder)

Jessie Shepherd

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Often when people are given a mental health disorder diagnosis the weaknesses are clear and overwhelmingly emphasized, while the strengths are ignored or forgotten. The mental health children's book series 'What Mental Disorder?' challenges the stigma against therapy and diagnosis. It enlists the reader to view the character as a whole being and not as a mental issue. Although there are aspects that the character will have to learn to cope with in order to function successfully in their life, there are also amazing traits that make them unique and remarkably accomplished. Millie the Cat has Borderline Personality Disorder is a picture book that takes a unique look at the positive and negative characteristics of Borderline Personality Disorder. Meeting kind Mille you get to experience how her day to day routine is, the aspects that she will have to cope with, the amazing personality traits that she has, and how she can learn new skills to be the best cat she can be. It is written in such a way that the mental health disorder is explained in a realistic balanced light, while eliciting empathy and understanding from the audience. The book series 'What Mental Disorder?' including Millie the Cat has Borderline Personality Disorder is excellent for therapeutic clinicians, those diagnosed with Borderline Personality Disorder, or those who would like to gain a better understanding of the disorder.

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