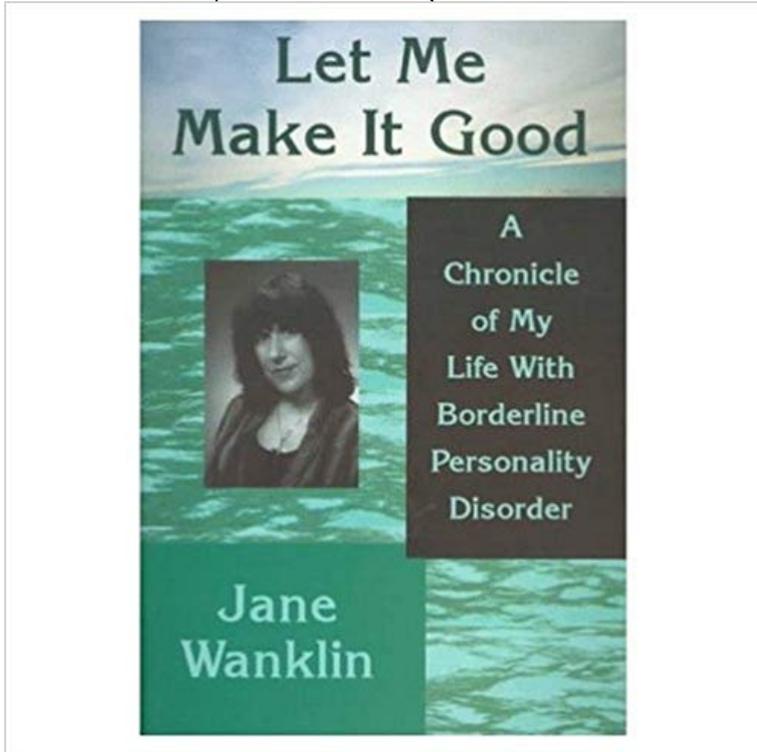


# Let Me Make It Good - A Chronicle of My Life with Borderline Personality Disorder (The Truth Behind the Disease)



This book explores the world of a person diagnosed with Borderline Personality Disorder and the havoc it has wreaked on her, her family and her friends. It is an attempt to make some kind of sense of it all and to come to terms with the past and the people involved in it. This is not a work to either exploit myself or any of those with whom I came in contact over the years, but rather to document the kind of reality that often hides in the shadows and whispers haltingly in quiet, reflective moments. It is important to record some of the atrocious things that went on in supposedly progressive psychiatric Institutes in the 1970s, before the Mental Health Act was instated. I am not hungering for any kind of unhealthy revenge by writing about wards like the Behaviour Modification Unit in the London Psychiatric Hospital, but rather to record history as it actually happened.

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