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Paul T. Mason, mestre em psicologia, e Randi Kreger buscam entender o TPB e incentivar amigos ou familiares que convivem de perto com o problema a estabelecer limites e evitar comportamentos perigosos.

Considerado uma espécie de "bíblia do assunto" nos Estados Unidos, Pare de pisar em ovos discute as últimas pesquisas sobre um problema caracterizado, na essência, pela dificuldade extrema em lidar com o limite das emoções, apresentando técnicas de comunicação e estratégias de

enfrentamento para ajudar o relacionamento com um borderline.

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