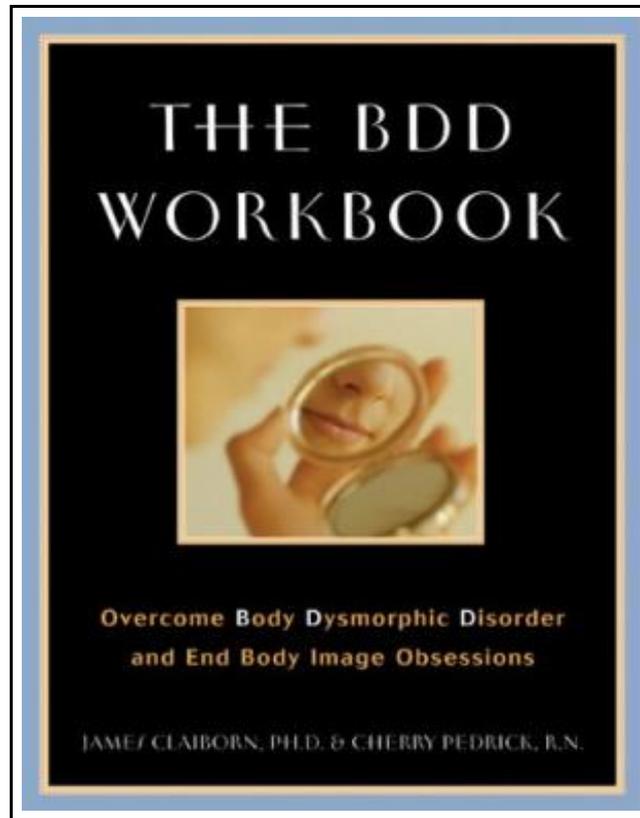


The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions with Worksheet



Filesize: 2.65 MB

Reviews

I actually started out reading this book. It can be packed with wisdom and knowledge I discovered this ebook from my dad and i suggested this book to understand.

(Prof. Barney Harris)

THE BDD WORKBOOK: OVERCOME BODY DYSMORPHIC DISORDER AND END BODY IMAGE OBSESSIONS WITH WORKSHEET

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New Harbinger Publications. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 10.9in. x 8.5in. x 0.6in. Do you struggle with constant feelings that your body is not good enough? Do you imagine that, if you could just change your appearance, you would be happier and more fulfilled? If you do, you might be dealing with the effects of a problem called body dysmorphic disorder (BDD). Individuals who suffer from BDD are excessively preoccupied with the shape or size of their body—obsessed with a facial blemish, a minor bodily defect, or some specific aspect of their appearance. They spend hours each day thinking about their perceived deformity, checking and rechecking their appearance in the mirror, camouflaging themselves with makeup or clothing. Men affected by a form of BDD known as muscle dysmorphia are obsessively concerned about their muscular development, no matter how large and pumped up they are. In extreme cases BDD leads to unnecessary plastic surgery, serious eating disorders, steroid abuse, and even suicide. The good news is that BDD is highly treatable with cognitive-behavioral techniques provided in *The BDD Workbook* in a step-by-step, easy-to-follow format. OCD experts Claiborn and Pedrick guide you through a proven intervention plan that helps you recognize your distorted self-perception and come to terms with how it leads you to self-inflicted emotional and physical pain. Exercises, charts, and worksheets help you to develop a healthier response to your body and a more balanced self-image. The book provides information about BDD-related eating disorders and the special problems of children with self-image issues. It also offers suggestions to help you gain support from family members, medical professionals, and support groups. This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit, an award bestowed on outstanding self-help books that are consistent with cognitive...



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