



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

James Claiborn, Cherlene Pedrick RN

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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 behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

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Diana Gum:

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Kelly Breedlove:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? May be reading a book might be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the guide untitled The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions can be good book to read. May be it can be best activity to you.

Jose Rivera:

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