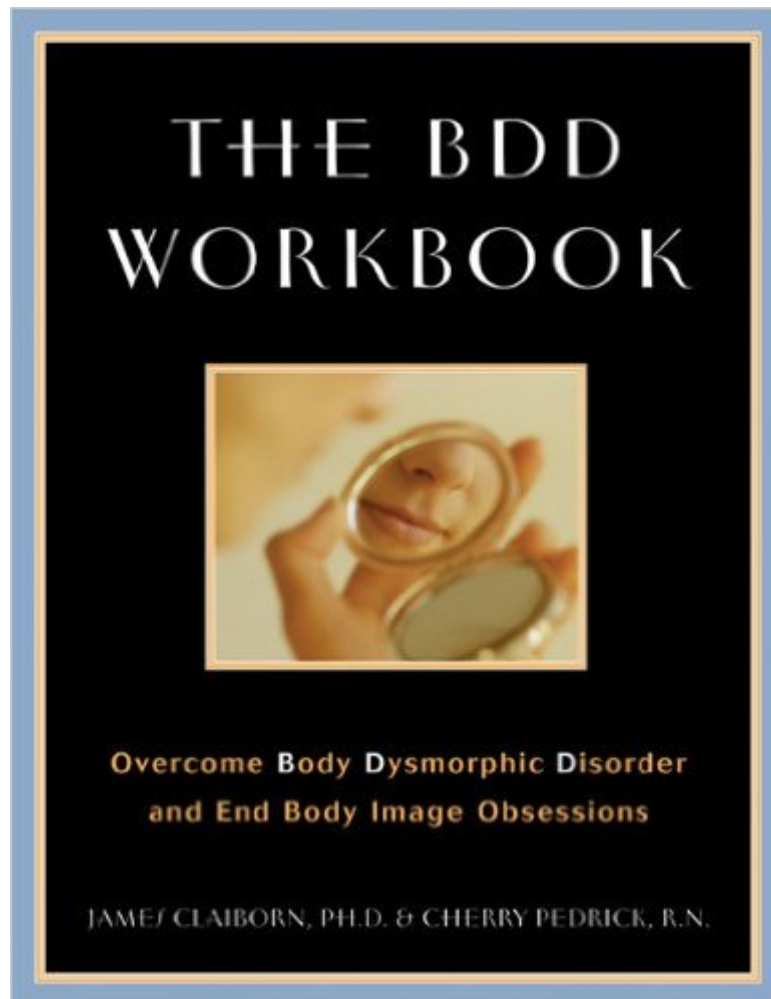


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The BDD Workbook: Overcome Body Dysmorphic Disorder And End Body Image Obsessions



Synopsis

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.

Book Information

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Customer Reviews

I was diagnosed a little over a year ago with BDD. It is still highly unrecognized, even in the mental health field. I was misdiagnosed for years; thus, I received improper treatment. This workbook really delves into the thought processes of a person who suffers from this exhausting illness. The worksheets and exercises really cause you to challenge the beliefs which have been engrained in your memory for decades. I would highly recommend this workbook for anyone who is looking to become stronger without the use of narcotics.

I've already read this book twice, it's a very good support when I feel overwhelmed by my body obsessions, its best point is that it made me feel that I'm strong enough to gradually change. Everytime I doubt I read some specific passages to put me back on the track.

As a parent of a BDD sufferer, I was pleased to read through the workbook before presenting it to our family member. If read and followed, it should help with any one in BDD's grip.

Although I have just started reading the workbook and starting the exercises, it seems like it could help with BDD. I think this would be helpful to those with BDD or a similar condition.

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