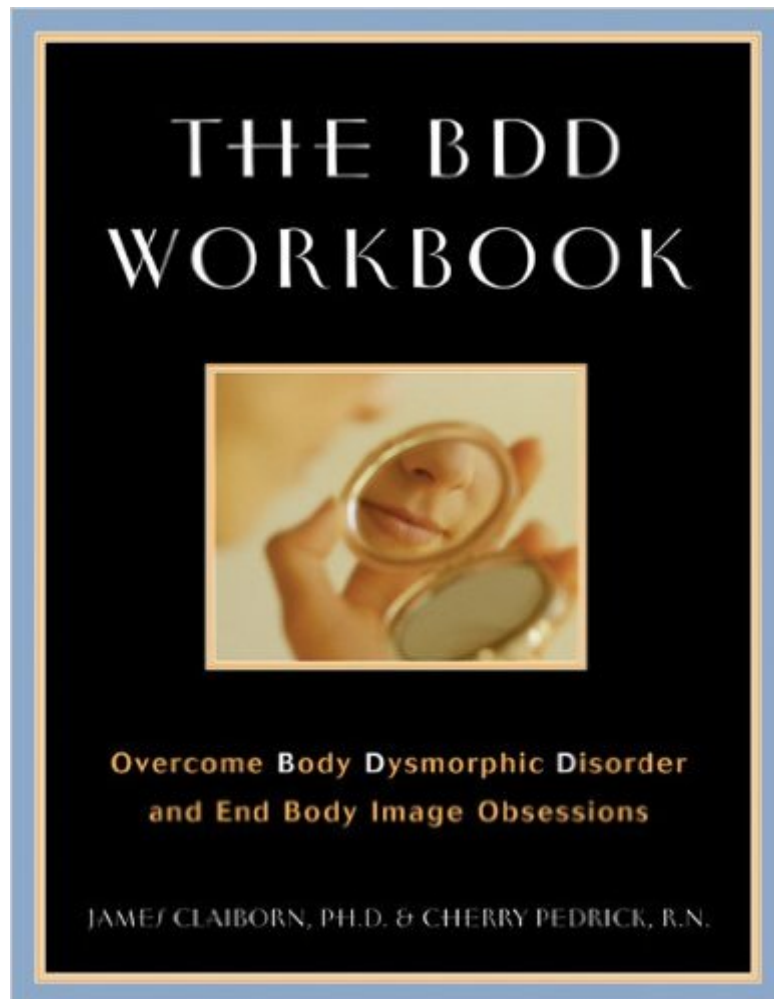


The book was found

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

Paperback: 208 pages

Publisher: New Harbinger Publications; 1 edition (September 9, 2002)

Language: English

ISBN-10: 1572242930

ISBN-13: 978-1572242937

Product Dimensions: 8.5 x 0.5 x 10.9 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #317,247 in Books (See Top 100 in Books) #293 in [Books > Health, Fitness & Dieting > Addiction & Recovery > Drug Dependency](#) #372 in [Books > Health, Fitness & Dieting > Mental Health > Eating Disorders](#) #1554 in [Books > Self-Help > Self-Esteem](#)

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.

[Download to continue reading...](#)

The BDD Workbook: Overcome Body Dysmorphic Disorder and End Body Image Obsessions
Understanding Body Dysmorphic Disorder
Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery)
Imagery and Disease: Image-Ca, Image-Sp, Image-Db : A Diagnostic Tool for Behavioral Medicine
Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety
Stop Obsessing!: How to Overcome Your Obsessions and Compulsions (Revised Edition)
Stop Obsessing!: How to Overcome Your Obsessions and Compulsions
Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)
Overcome Any Fear, Feel

Confident, Strong, Overcome Shyness) Obsessions, Rituals and Wasted Time: Living with
Obsessive Compulsive Disorder and Waiting for God to Come to the Rescue The Mindfulness
Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and
Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Deep Thoughts of Inner Self:
What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or
Dissociative Identity Disorder, Introverts and Extraverts BDD in Action: Behavior-driven
development for the whole software lifecycle Understanding the Causes of a Negative Body Image
(Hazelden/Rosen Teen Eating Disorder Prevention Books) What's Real, What's Ideal: Overcoming
a Negative Body Image (The Teen Health Library of Eating Disorder Prevention) The Wounded
Healer: Ministry in Contemporary Society (Doubleday Image Book. an Image Book) The Dialectical
Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your
Emotions and Your Life (New Harbinger Self-Help Workbook) Adrenal Fatigue: Overcome Adrenal
Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy
Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Overeating: How To
Overcome Overeating, Food Addiction And Control Your Eating..11 simple and Easy Steps To
Overcome Overeating! (Emotional Eating, Food ... Binge. Will Power, Mindful Eating, Craving)
Gambling Addiction: The Ultimate Guide To Gambling Addiction Recovery: How To Finally
Overcome Gambling Addiction And Problem Gambling Forever (Overcome ... Sports Gambling,
Fantasy Sports, Poker) Marriage: How To Rescue Your Marriage: Proven Advice To Help
Overcome Conflicts And Save Your Marriage Forever (Marriage Help, Marriage Advice, Overcome
Conflicts, Marriage Book)

[Dmca](#)