



Overcoming Body Image Problems Including Body Dysmorphic Disorder: a Self-help Guide Using Cognitive Behavioural Techniques

By Rob Willson, David Veale, Alex Clarke

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, Overcoming Body Image Problems Including Body Dysmorphic Disorder: a Self-help Guide Using Cognitive Behavioural Techniques, Rob Willson, David Veale, Alex Clarke, Many people occasionally suffer from a negative body self-image but, for an increasing number of people, this can turn into a more serious preoccupation. One per cent of the population will develop Body Dysmorphic Disorder (BDD), a condition characterised by severe preoccupation with a perceived physical defect. Body image problems can cause significant distress and can lead to further problems such as anxiety, eating disorders and social phobia. It has long been recognised that negative body image problems are a factor in the onset and maintenance of many eating disorders. However, they can be successfully treated with cognitive behavioral therapy (CBT). Praise for Overcoming Obsessive Compulsive Disorder and the Overcoming series: '[Overcoming Obsessive Compulsive Disorder] is an affordable and highly recommended read.' The Psychologist 'The best consumer-friendly CBT-based books. All are very thorough.' Observer.



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Reviews

Extensive guideline! Its this sort of excellent read. it had been writtern quite properly and helpful. You can expect to like just how the writer create this book.

-- **Mr. Gustave Gerhold**

This book will never be straightforward to start on reading through but quite enjoyable to learn. Better then never, though i am quite late in start reading this one. Your lifestyle span will probably be convert once you complete reading this publication.

-- **Dr. Kadin Hane DVM**