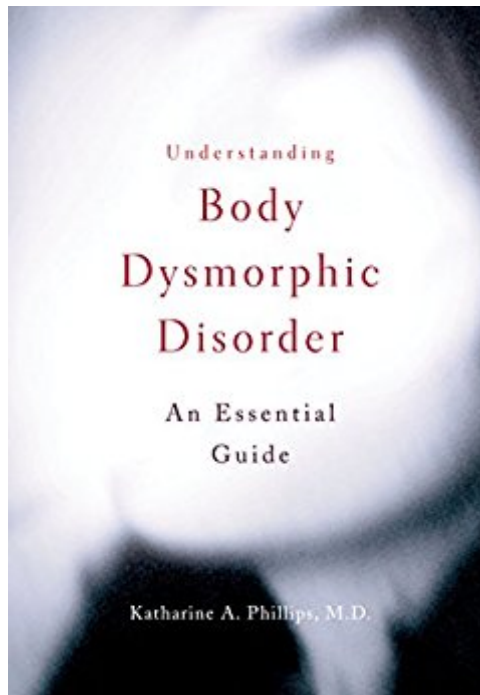


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Understanding Body Dysmorphic Disorder



Synopsis

In a world obsessed with appearance, it is not surprising that body dysmorphic disorder, or BDD -- an emotionally painful obsession with perceived flaws in one's appearance -- has manifested itself as a troubling and relatively common problem for many individuals. In *The Broken Mirror*, the first and most definitive book on BDD, Dr. Katharine A. Phillips provided a comprehensive manual for patients and their physicians by drawing on years of clinical practice, scientific research, and professional evaluations of over 1,000 patients. Now, in *Understanding Body Dysmorphic Disorder: An Essential Guide*, the world's leading authority on BDD reaches out to patients, their friends, and their families with this concise and updated handbook. BDD causes sufferers to be obsessed by perceived flaws in their appearance and may afflict as much as two percent of the population, or nearly five million people. Many sufferers are able to function well in society, but remain secretly obsessed by their "hideous acne" or "horrible nose," sneaking constant peeks at a pocket mirror, or spending hours at a time redoing makeup. Others find their lives disintegrate because of their appearance obsessions. It is not an uncommon disorder, simply a hidden one, since sufferers are often embarrassed to tell even their closest friends about their concerns. Using stories and interviews to show the many different behaviors and symptoms of BDD, and a quick self-assessment questionnaire, Dr. Phillips guides readers through the basics of the disorder and through the many treatment options that work and don't work. With *Understanding Body Dysmorphic Disorder: An Essential Guide*, sufferers will find both helpful advice and much needed reassurance in a compact, down-to-earth indispensable book.

Book Information

File Size: 4667 KB

Print Length: 322 pages

Page Numbers Source ISBN: 0195379403

Publisher: Oxford University Press; 1 edition (February 20, 2009)

Publication Date: February 20, 2009

Sold by:Â Digital Services LLC

Language: English

ASIN: B001QBPM5U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #425,808 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #86

inÂ Books > Health, Fitness & Dieting > Mental Health > Dissociative Disorders #330 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Neuropsychology #443 inÂ Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Counseling & Psychology > Clinical Psychology

Customer Reviews

Having a family member who suffers from Body Dysmorphic Disorder, I felt my prayers had been answered when I read Dr. Phillips first edition of the book...and her second is even better. It answered so many questions and concerns. I cried in several segments, because it was like reading about my own family member. Dr. Phillips helped me understand this complex disorder, and also gave me the insight to realize that many others are out there who suffer from this sometimes bizarre disorder.

I found this to be a really valuable book. Clear and comprehensive; written for the common person, not a clinician. It helped me understand the struggles of a family member suffering from BDD, and gave me insights and techniques to provide more effective support. And perhaps even more importantly, it dispelled my misconceptions and helped me avoid common missteps that could have made matters even worse. I highly recommend this book if you know anyone trying to deal with BDD; something that is far more common that you probably know.

I am a Psychologist and work with BDD clients, and this text is most helpful. I have found it useful to share some of the statistics and life stories that are included in the book. It is amazing how helpful it is for clients to discover they are not alone. Material is complete and presented in an organized and useful way. The understanding enabled for both client and therapist is one of the main traits of this book. And the author is obviously committed to the betterment/healing of her clients. One thing that I believe can be very useful is to understand that these clients are bothered by the PROCESS (obsessiveness of thoughts) as much as the CONTENT of the thoughts in this disorder. In addition, they are often more concerned with THEIR perceptions of themselves than they are with the perceptions of others (despite the presentation of the problem).

I highly recommend these books to anyone. Sufferers or someone who knows someone who suffers from it. BDD is something that is highly misunderstood and often judged because its something psychological. BDD is an invisible illness, so people can't see it to understand it. If we could openly talk about it without feeling embarrassed, BDD would be widely known. Anyways, I started reading this book since I was waiting for her original but revised version to come into the mail. I hope it'll enlighten me about BDD and fully understand why I have it. I hope whoever has read it or plans to read it, will end up feeling the same way. It's a hard disorder to overcome but I pray that not just me but everyone that suffers from it will be able to control it.

The book is totally essential in bringing sense and information to suffers and their family. It brings, if not understanding, at least knowledge, constraints, options and the encouragement from realising one is not alone in facing this excruciating problem. I suppose the hopefulness permeating the book is troubling. Perhaps there are many patients who find some relief, but there may also be many intractable, and and there is little succour for them in this book. Perhaps a future edition might address this more directly, although it does depend on advancement in the clinic - and there are few real breakthroughs in psychotherapy for the intractable and uncooperative patient. But again, the book does an inestimable service in bringing this syndrome into the light.

Very repetative

Very helpful for anyone that suffers from this or someone that wants to know more about it.

Tends to be repetitive but very informational. Helps family, friends, and self understand the very real disorder. Also suggests positive treatments.

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